



Is your SatNav or GPS system legal?

All owners of popular brand SatNav or GPS systems in their motor vehicles should be aware that, following new legislation, Decree n° 2012-3 of 3 January 2012, if you are using such equipment, it is **now illegal in France** if it alerts the driver to the locations of either fixed or mobile radar positions whilst driving. Now, it must, in France, only alert drivers to "danger zones."

The French producers and providers of such SatNav and GPS equipment set up the AFFTAC, Association Française des Fournisseurs et utilisateurs de Technologies d'Aide à la Conduite, in May 2011 and their website www.aftac.fr provides, in French, details of the actions they, as producers, have taken to influence, and then conform with, the new legislation. Quite how the authorities will police this new legislation is not clear, however the fine proposed for being caught with a system that is still actively alerting the driver to radar locations will be 1500€ and the offence does carry a very definite 6 point penalty.

All equipment currently available across Europe at retail outlets, or supplied as an in-car original equipment navigation system, should now conform to the new French legislation, providing just details of the "danger zones" in France instead of the speed camera locations. It is the older equipment already in use that will fall foul of the law unless recalibrated. Owners of such equipment can obtain from the website of their equipment manufacturer instructions on how to change and update it to conform. Most of the instructions I have read are simple to follow, which means it will be equally as simple for the police who stop you to discover whether such a facility is "enabled" or "disabled."

It is very important to remember to advise your family and friends who may be visiting from the UK, and either bring their vehicles over or transfer their equipment from their own vehicles into a hire car, that they **ARE SUBJECT** to the new legislation. The fact that they have UK sourced equipment does not relieve them of the obligation to conform to the new French legislation. In fact, any of your visitors, from whatever country, ought to be made aware of the changes. All the UK manufacturers of such equipment are aware of the new legislation and they do, from my investigations, provide adequate online guidance on how to make UK equipment conform.

Staying with motoring law, you should also note that using a hand held mobile phone now attracts an on the spot 130€ fine and 3 points for your licence. If you must watch a film on your laptop or tablet, as you drive, that now attracts a similar 1500€ fine to the radar warning penalty, however only an increase in points from 2 to 3 for your licence!

Mike Milner

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Forthcoming Events

for your diary

FEBRUARY

Committee Meeting

Tuesday 9 February

Buffet Lunch

Thursday 16 February - Montferrat

Digital Photography Group

Contact: Mike Harper

*****@yahoo.co.uk

Happy Boules

Contact: Rob Flanagan

04 *****

Neighbourhood Networks

See next column and page 3

Painting Group

Contact: Pauline North

*****@orange.fr

MARCH

AGM

Wednesday 14 March - La Pinède



www.baofthevar.com

Also see Forthcoming Events
and Latest News on our BA website

We welcome another **New Member** -
Renaud Petit Jean of Tourtour

Bastide des Moins, Montferrat

Last year we went to this well-known 'eatery' for the first time in many years and it appeared to be a popular choice.

The buffet 'starters' catered for every taste, a huge selection of salads and cold dishes - fish, meat, vegetarian & eggs. The 'plats' were ordered individually and were mostly delicious 'carvery' style meals served to us at the table, and the choice of desserts was as large as the choice of starters! No-one went home hungry!

No choices have to be made in advance! No excess is added on for the Welfare Fund, but there will be a 'Donation Jar' on the table.

Auriol Langen

Buffet Lunch

Noon

Thursday 16 February

Bastides des Moines, Montferrat

56, rte de Draguignan, 83131 Montferrat

25€ per person

An array of buffet starters which you can visit as often as possible. Then your hot or cold main, ordered prior to the starter course. Following the main, back to the buffet style for cheese and desserts.

The price includes a choice of house wine rouge/blanc/rosé.

The only extras are your pre-meal *aperitif* and your final *digestif* and your coffee.

Please completed the enclosed reservation slip and return it with your cheque to Auriol Langen, whose address is on the slip,

by Friday 10 February.

Remember that the D955 towards Châteaudouble is closed; you need to by-pass that closure.

Sat Nav 43,610083 6,482491

www.labastidedesmoines.com

NEIGHBOURHOOD NETWORKS

Cabasse, Carces, Correns, Cotignac, and Le Val

A new group has started for members from these five villages. The meetings will be held in Cotignac at the Cafe de Cour on the **last Friday in the month.**

Contact:

07 ***** *****@cam.ac.uk

Grimaud/Cogolin

The inaugural Grimaud/Cogolin Neighbourhood Network group got off to a flying start on Monday 9 January with an attendance of 10.

All present were in agreement that this 'local' getting together has an important role to play. The 'meets' will be **twice monthly**, 10h30-11h50.

This latter time is to enable the cafes to set up tables for lunchtime customers. 2nd Monday - Clem Bar, Grimaud: 4th Tuesday - Brasserie Leclerc, Cogolin.

All present felt that English residents living in the wider area of La Garde Freinet, Gassin, Ramatuelle and St Tropez areas should also be encouraged to join. **Monday 13 February**, Grimaud and **Tuesday 28 February**, Cogolin.

Contact: *Pat Heal*
04 ***** *****@vol.lu

La Motte and Le Muy

Happy New Year to all. We held our last meeting on 10 January and had 7 attendees. Quite good for the middle of January. Next meeting will be **Tuesday 14 February** at Bar des Cascades in La Motte at 10h00.

Contact: *Alexandra Lewis-Smith*
04 ***** *****@bbox.fr

Les Arcs, Vidauban and Taradeau

We will meet on the **2nd Friday of the month** - next meeting 10 February. Please get in touch with me for further details.

Contact: *Pauline North*
04 ***** *****@orange.fr

Les Issambres

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

Contact: *Richard Tolaini* 04 *****
or 06 ***** *****@aol.com

St Raphael & Frejus

We will meet at our new venue, the Beau Sejour Hotel on the sea front at St Raphael at 10h30 on **24 February**.

Contact: *Diane Jenkins*
04 ***** *****@wanadoo.fr

Villecroze, Salernes, Tourtour and Entrecasteaux

We will continue to meet on the **4th Tuesday of the month** at 10h30 at the bar "Cercle de l'Avenir" in the square at Villecroze. Please check the venue as they may rotate to another village.

Contact: *Ann & Maurice Mitchem*
04 ***** *****@hotmail.com



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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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Secretary's Notes

The papers for the AGM will be circulated towards the end of this month but I would like to remind members that we still need new bodies to join the Committee. Any member wanting to put their name forward should let me have a letter stating that they are willing to stand for election. The letter should be countersigned by two other members as proposer and seconder. This letter should be with me at least 28 days before the date of the AGM – by 15 February - but any nominations received after that date will be added to the AGM Agenda provided they arrive before the papers are circulated.

Also, a reminder that, when you receive your AGM papers you will have until 7 March to submit your questions in writing about anything contained in those papers. Answers will be given at the AGM. You can, of course, raise questions on any other matters, or in relation to responses given to written questions, at the AGM but you may not receive an answer on the day if the information is not available or there is a need for discussion in Committee.

Clare Brown 04 *****
secretary@baofthevar.com

Important AGM details

Wednesday 14 March 2012

Location - La Pinède

On the DN7 between Le Muy and Les Arcs.
If you are coming from Le Muy direction, the large builder's merchants SO.SA.CA is on your right and approx 500 mtrs on the left is the venue. Sat Nav 43,460255 6,524983

Schedule for the morning

**10h30 until 11h00 registration
with coffee and croissants available for
members**

**11h00 AGM commences
AGM documents which will be distributed
14 days prior to the meeting will include
AGM Agenda and proxy voting slips for
members unable to attend.**

Members who receive electronic Newsletters will receive their AGM documentation electronically and proxy voting slips will be attached in the same manner as event booking forms.

**12h00 approx end of the meeting
and members can then stay for lunch if they
wish. The venue is renowned for being the
home of the best pizzas in France (if not the
world!)**

**Prior to the AGM itself, members will be
asked, by show of hands, to indicate
whether they intend to stay for lunch and
that number will be relayed to the venue so
they can reserve sufficient space**

**Will members who do stay note that all
meals and drinks after the AGM are their
responsibility and the restaurant will
provide individual bills.**

**BAV are not responsible for any food or
drink costs'**

**For details of the venue please view
www.pizzerialapinede.com
la carte is available for members to view**

**ALL MEMBERS MUST COMPLETE THE
REGISTRATION FORM
PRIOR TO THE MEETING.**

**ONLY MEMBERS CAN ATTEND AND NO
MEMBERSHIP SUBSCRIPTION RENEWALS
OR MEMBERSHIP APPLICATIONS WILL BE
ACCEPTED ON THE MORNING OF THE AGM**

Chairman's Letter

A month into 2012 and how are your New Year Resolutions going – or have they fallen by the wayside already? Mine are still going strong but then they are all rather long term ones – like getting my photograph albums up-to-date, write more letters and of course try and lose more than just the Christmas excess weight. And my 'pet project' for BAV this year is a Brown Collection (*see article elsewhere*).

By the end of last year the mimosa was starting to break in a sheltered corner of the garden and a few bulbs were beginning to push through, so now a month later, every day there are exciting new things to see. The New Year is marching on relentlessly, not waiting for anyone.

However, how the BA is going to continue marching on is a debatable point. If you are thinking of 'getting involved' please don't wait to be asked – I cannot phone 300 maybe suitable sounding members, some of whom I hardly know! Please just drop me a hint! If you are newly retired and new here, lacking stimulation and finding time on your hands, this is the ideal way to keep your mind active. You will also get to know your way around the Var, meet lots of people, make new friends and be involved in a very worthy cause.

At the Committee Meeting in January – only one more to go with both Mike and Clare on board - the main business was to agree the AGM 'time-line' and approve the accounts ready for Audit later this month: both tasks completed successfully. The Committee meeting in February is to be brought forward to 9 February, so that we can assemble all the final documentation for the AGM.

I was surprised and impressed to see in the accounts that although sales appeared to be very slow last year, the Christmas Cards once again raised 1000€ after the cost of printing.

Passport renewals

If your passport is getting full (like mine) or due for renewal this year, be warned: although you can still submit your application to Paris, all passports are now printed in London, and you are recommended to allow at least 4 weeks for a replacement.

Auriol Langen

The Brown Collections

You all know the saying 'look after the pennies and the pounds will look after themselves'. Well last year one of the Neighbourhood Networks started with a jam jar on the table, for people to throw in their 'little brown coins' – the 1, 2 and 5 cents coins that are such a nuisance to fish out of your purse but just keen on accumulating.

Now I appeal to all members to have a jar at home!

If every member collects 10€ during the year, that would **consolidate** to a donation of more than €4000 at the end of the year. Not only would it make the Treasurer very happy, I don't think anyone would feel the pain of parting with 'the fiddly little things'.

Perhaps this could be a belated add-on New Year Resolution?

Auriol Langen

Bargain Basement

Sales and Wants printed free for members

Email your ads to newsletter@baofthevar.com

FOR SALE:

Golf equipment including –

1. Black golf bag with nine Stealth metal shafted clubs
2. Blue and white golf bag containing miscellaneous clubs – a good beginners set
3. The CALLOWAY BIG BETHA clubs – metal head and shafts – Nos.3, 5 a Mercury Tour Professional
4. Hard golf bag carrier - perfect for air travel
5. A manual bag trolley
6. A bag stand
7. Various packs of new golf balls

OFFERS INVITED – ALL MUST GO. **Please contact:**

Vincent Carratu 04 *****

*****@free.fr

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SPECIAL DISCOUNT FOR MEMBERS OF BRITISH ASSOCIATION

House Clearance Sale

Many thanks to those of you who braved a very cold but bright and sunny day and attended the house content sale today.

It was very cold and I appreciate your attendance all the more. You will be pleased to know that we have managed to raise more than 800€ for the BAV Welfare fund, donated by the family of Robert Proops who passed away last year.

Shirley Wrigglesworth

Bereavement Support Network in the Var (BSN)

supports English speaking people who are going through bereavement.

For help please contact:
**Sandra on 04 94 84 64 89
or 06 32 35 31 24**

email: info@bsnvar.org
website: www.bsnvar.org

There is also a direct link from www.baofthevar.com 'Useful Links' section

MEMBERS' GROUPS

Area interest activities

It is often suggested by people who live far away from one another that we should organise a **Walking Group**. Now, through the Neighbourhood Network, two people have come forward who are prepared to organise small walking groups in their own vicinity. Please contact them direct if you are interested in joining them:

Suzette Morgan: 04 *****
in the vicinity of *the Golfe de St Tropez*.
Michael Wharton: 04 *****
in the *Cotignac* area.

What about other activities in small groups – **reading, tennis, cycling, and woodwork/carpentry ...** would you like a partner or a few companions? Please let me know if you have an interest you would like to share with others.

Auriol Langen
*****@aol.com

Digital Photography Group

For information about the group and details of our next meeting **please contact:**

Mike Harper
*****@yahoo.co.uk

Happy Boules

We meet every MONDAY at 14h00. If you would like to join us and/or need information on our next venue etc **please contact:**

Rob Flanagan 04 *****
rob@baofthevar.com

Painting Group

For information about the group and details of where and when we will next meet **please contact:**

Pauline North
*****@orange.fr

Website Newsletter Archive now has an index

Since taking on the Newsletter in July 2008 and so creating a back catalogue for every edition since then, one of the challenges to be undertaken, often considered but never actioned, was to create for the members an index or reference of topics which the Newsletter has featured.

The website has a copy of every Newsletter from January 2009 in its archive section. Now it also has the start of a quick useful index listing of some of the more important topics we have covered since that first copy. I claim no credit for the listing and have to thank member Pam Kilbey who has taken the time to research all the back copies, pick out the relevant topics and create the index.

Obviously Pam will keep up-dating it every couple of months, enabling members to have at their finger tips an excellent reference point for topics that have been covered, without too much searching. When you look at the index, as topics are revisited and up-dated, you are provided with the history of the times we have covered a topic. Full credit to Pam who has not only provided the year and month of the Newsletter, but also the page number you will find the information on.

So thanks Pam for the time and effort you spent doing the project, you are now definitely part of the BAV Newsletter Team. Your reward will be to keep it up-to-date and your efforts will be appreciated by members when they check back to research something they know has been reported on.

Checkout www.baofthevar.com Newsletter Archive, "BAV index to previous Newsletter content." It is our own little search engine.

Mike Milner

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Mike Lorimer - Orias No. 07032481

French Citizens Advice Bureaux

At one of the informal Neighbourhood Network coffee mornings a query was raised concerning whether the French have a similar organisation to the UK's Citizens Advice Bureau?

The simple answer is yes. It is the "Maison de Justice et du droit." They have a website which is

<http://www.annuaires.justice.gouv.fr/annuaires-12162/annuaire-des-maisons-de-justice-et-du-droit-21773.html>

The organisation has a triple function: giving general legal advice, arranging mediation between parties in minor civil disputes (eg between neighbours) and helping crime victims.

They are usually found in towns, and larger ones may have several, however, there is no guarantee of finding a legal expert who can speak English. It is suggested that you should go with a French speaker who can translate. To locate your closest office follow the link above and type in either your town/village name or put in your postcode. It could not be simpler.

If at your Neighbourhood Network meeting you can find answers to such questions, please contact us so that the information can be relayed to all BAV members. Thank you Ria for finding this info!

Auriol Langen

Next month's Newsletter

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

Monday 20 February

All contributions to
newsletter@baofthevar.com
or send to Mike Milner, Publicity,
*****, 83520 Roquebrune S/A

**British Association of the Var
Welfare Coordinator**

Shirley Wrigglesworth

06 43 86 49 01
welfare@baofthevar.com

MONTAUROUX CGA Prasada Church of England

You are very welcome to join us on the
1st and 3rd Sundays of the month at 11h00
for a service of Holy Communion

We also have a Bring and Share Lunch afterwards
For further details about this or
any other pastoral needs

Please ring Cécile or Jean 04 94 47 74 26
Prasada, 294, RD37, 83440 Montauroux

St John's for the Var

**St John the Evangelist - Ave Paul Doumer,
St Raphaël**

Holy Communion is held **every Sunday at 10h30**
followed by refreshments and a monthly lunch.

Grimaud Village Church

1st Thursday of each month at 11h00
Eccumenical Service

Please ring 04 94 95 45 78 for details
www.sjevar.com

L' Oasis Fellowship, Lorgues every 2nd Sunday at 11h15

Arc-en Provence 1801 Chemin des Pailles
Bring and Share Lunch

and every 4th Sunday at 11h15

Notre Dame des Anges - Bring your own Picnic
For details and directions contact

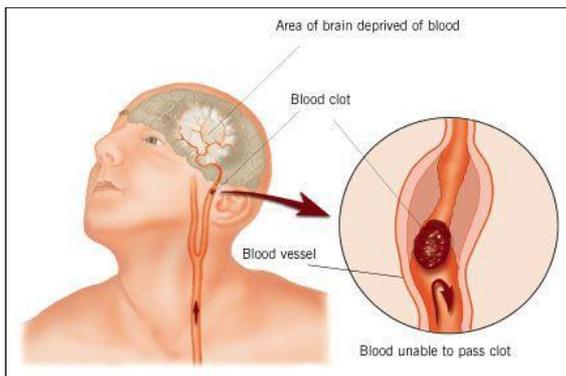
**Rev Peter or Shirley Massey at
04 94 73 93 37 06 87 94 04 83**

www.arc-en-provence.com/oasis

Recognising a Stroke can Save a Life

A neurologist says that if he can get to a stroke victim within **3 hours** he could probably reverse the effects of a stroke. He said the trick was getting a stroke recognised, diagnosed, and getting the patient medically cared for within 3 hours.

Sometimes symptoms of a stroke are difficult to identify and unfortunately the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognise the symptoms of a stroke.



Remember F A S T
the faster a stroke is diagnosed the less permanent damage is done

Now doctors say a bystander can recognise a stroke by asking these simple questions:

F Face - ask the person to smile. If they can't or it's crooked they may have had a stroke.

A Arms - ask them to raise both arms above their head. If they can only fully raise one arm, or they can't raise them at all, then they may have had a stroke.

S Speech - ask them to say a short sentence like "It's a sunny day today". If they can't repeat it without jumbling the words or being tongue-tied they may have had a stroke.

T Tongue - ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

If he or she has trouble with ANY ONE of these tasks, call an emergency number immediately and describe the symptoms.

F A S T - TIME is of the essence
ring Ambulance 15 or Pompiers 18

say *Quelqu'un fait un malise*, if asked for more information add *un infarctus cérébral* or *un accident cérébral*.

Can you tell the difference?

During the coming year it is hoped that we can organise a basic First Aid Seminar for our members.

There are a lot of family and friends visiting during the coming months and accidents happen - do you know what to do? Can you tell the difference between someone having a stroke or having had too much wine at lunch? Where is your local A&E facility? How do you treat sun/heat stroke? These are some of the items that I hope to be able to cover. The course will be given by a qualified medical person or emergency service personnel.

Depending on the number of people that would like to attend I am hoping to organise at least 3 one-day seminars around the VAR. If you would like to be advised of the dates/venues please [email me](mailto:hemworth@gmail.com) at hemworth@gmail.com Please put FIRST AID SEMINAR in the subject line.

In the meantime I would like to suggest that you read the item on identifying and necessary action in a stroke situation - **cut it out and keep it somewhere where you will find it easily** or better still - read it regularly so that you can react quickly if the situation arises.

Shirley Wrigglesworth
Welfare Coordinator

How to deal with a heart attack Based on the "Hard and Fast" method

The British Heart Foundation wants people to use chest compressions on heart attack cases instead of trying to give the kiss-of-life. It says that pumping the chest at between 110 and 120 beats per minute - the same rate as the 1978 Bee Gees, "Hard & Fast" hit - is more effective than a poor breath resuscitation attempt.

For those of you who have not seen the UK tv advert, or would like to view the full version: <http://www.bhf.org.uk/heart-health/life-saving-skills/hands-only-cpr.aspx>

Remember when watching the link use 15, 18 or 112 from a mobile in France, NOT 999.

Mike Milner