



## British Association of the Var

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February 2015

Newsletter

No 153

# Solidarity

(Contents of letters sent to the *Préfet* and to the *Député* of the Var.)

The British Association of the Var wish to express our solidarity with all French citizens at this sad time, when a terrorist attack has been perpetrated against their culture and freedom of expression.

Recently our Members have gathered together with French residents, at rallies in Towns and Villages throughout the Var, expressing the majority's determination to defend the right to the freedom of expression in your country.

France and Britain have for a long time, shared common cultural values and have stood side by side twice in the 20<sup>th</sup> Century, fighting against our enemies in order to retain that Freedom.

Vive La France!

*L'association Britannique du Var souhaite exprimer sa solidarité avec tous les citoyens français à la suite de ces événements dramatiques, alors qu'une attaque terroriste a été perpétrée contre leur culture et la liberté d'expression.*

*Les membres de notre association se sont joint aux citoyens français qui se sont rassemblés dans les villes et les villages du Var afin d'exprimer leur détermination à défendre la liberté d'expression en France.*

*La France et la Grande-Bretagne partagent depuis longtemps les valeurs culturelles et ont manifesté côte à côte deux fois au vingtième siècle pour combattre contre nos ennemis afin de conserver cette Liberté.*

*Vive la France!*



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Siddalls France SASU, Parc Issoulin, 3 Rue du Gal, CS 60079, 33703 Mérignac-BOIS 400 905, C.I.E. No 0001669 agréé de l'ANACOR-CTP association agréée par l'Autorité des Marchés Financiers et Courant d'Associations, Catégorie B-08003 07 027 470, Garantie Financière & Assurance de Responsabilité Civile Professionnelle contractée aux articles L 541-3 du Code Monétaire & Financier & L 552-9 et 552-7 du Code des Assurances.



## Forthcoming Events

**Committee Meeting**  
**13 February**

**Quiz Lunch**  
**St Antonin de Var**  
**12 February**

**AGM in Le Muy**  
**18 March**

**Lunch**  
**23 April**

## Committee Members

**Chairman - Rob Flanagan**  
[chairman@baofthevar.com](mailto:chairman@baofthevar.com)

**Secretary - Michael Wharton**  
[secretary@baofthevar.com](mailto:secretary@baofthevar.com)

**Treasurer - Lesley Honeywell**  
[treasurer@baofthevar.com](mailto:treasurer@baofthevar.com)

**Welfare Coordinator - Ann Mitchem**  
[welfare@baofthevar.com](mailto:welfare@baofthevar.com)

**Events Secretary - Kevin Bell**  
[events@baofthevar.com](mailto:events@baofthevar.com)

**Publicity -**  
[publicity@baofthevar.com](mailto:publicity@baofthevar.com)  
[webmaster@baofthevar.com](mailto:webmaster@baofthevar.com)

**John Lloyd**  
[John1@baofthevar.com](mailto:John1@baofthevar.com)

**Miriam Robinson**  
[bavmims@gmail.com](mailto:bavmims@gmail.com)

## Important non-Committee Members

**Membership Secretary - Peter Rowson**  
[membership@baofthevar.com](mailto:membership@baofthevar.com) 04 94 \*\*\*\*\*

**Newsletter Editor – Shirley Rowson**  
[newsletter@baofthevar.com](mailto:newsletter@baofthevar.com) 04 94 \*\*\*\*\*

## Quiz lunch

There will be another quiz lunch at the attractive **Le Cigaloun** restaurant, 93 chemin Caravane, 83510 St Antonin-du-Var at 12 noon on **12 February** 2015.

Cost: €14.90 members, €16.90 non-members for three course set lunch.

Plus €3 per person for prize quiz.

## Hostellerie de Cotignac



The New Year's lunch was held on 16 January at one of the finest and most impressive buildings in the centre of Cotignac. We had anticipated a modest turnout of 20-30

members and were naturally delighted to find that we filled the room to capacity with 45 members - unfortunately we had a further 15 on a waiting list. One bright member of the Committee said that it was the best attendance this year!

We were treated to a wonderful and truly gourmet menu and we thank the restaurant for the service and quality of food. This must be the best value for money lunch that the BAV has achieved!



## Advance notice for April

There will be an event to celebrate St George's Day on 23 April – more details next month.

## Changes for 2015

- France's TV licence fee will be bumped up by €3 to €136 a year.
- Stamps will see an unprecedented seven percent rise in the price.
- Electricity will be an average 2.5 percent more expensive in 2015.
- France will be ditching its lowest band of income tax (5.5 percent), a move thought to benefit 6.1 million households.
- Diesel in France will cost 4 centimes more per litre.
- National rail operator SNCF will charge passengers up to 2.6 percent more for their tickets.
- French taxi drivers will charge a minimum €7 for any service and put up their rates by one percent.
- Banks in France will charge slightly more for basic services such as direct debit and cash withdrawals but deduct considerably more for transactions abroad and loans

## "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)

### February 2015

**31 Jan-1 Feb Ste Maxime**, centre ville. Fête du Mimosa. 08 26 20 83 83

**1 Feb Draguignan**, Pôle Culturel Chabran. Choeur du Sud. 17h30. 04 83 08 30 30

**1 Feb Fréjus**, Le Clos des Roses, RD 37. Journée de la Truffe. 10h00-18h00. Free.

**1 Feb Tanneron**, centre ville. Mimosa Parade. 04 93 60 71 73

**6 Feb Ramatuelle**, Espace Albert-Raphaël. Homage to Bob Marley – concert. 19h00.€22. 04 98 12 64 00

**7 Feb-8 Mar Ste Maxime**, Théâtre de la Mer. Ice Rink. 14h00-18.30. €5. 08 26 20 83 83

**13 Feb-1 Mar Nice**, centre ville. Carnaval. [www.nicecarnaval.com](http://www.nicecarnaval.com)

**14 Feb Montauroux**, cinema. Iolanthe and Bluebeard's Castel – 2 opera films. 18h30. €21. 04 94 47 75 90

**14 Feb Lorgues**, Espace Mitterand. Orpheus in the Underworld – comic opera. 2045. €10. 04 98 10 27 76

**14-15 Feb Cavalaire**, centre ville. Mimosa parade. 04 94 01 92 10

**14-15 Feb Les Arcs**, Château Ste Roseline. Antique lace exhibition. 04 94 99 50 30

**14 Feb-4 Mar Menton**, centre ville. Lemon Festival. [www.fete-du-citron.com](http://www.fete-du-citron.com)

**15 Feb Grimaud**, Eglise St Michel. Soirées Musicales de Grimaud – Viva Rossini. 18h00. 04 94 55 43 83

**15 Feb Les Arcs**, Café de la Tour. Thé Tango – learn to tango. 14h30. Free. (Optional lunch.) 04 94 73 30 56

**20 Feb Les Arcs**, Café de la Tour. Fish and chips - book by previous Monday please. 12h00. €12.50. 04 94 73 30 56

**21 Feb Le Cannet des Maures to Seillans**. Le Tour du Haut-Var – cycle race. [www.tourduhautvar.com](http://www.tourduhautvar.com)

**21 Feb La Garde Freinet**, Chapelle St Jean. La Bohème – opera film. 15h00. Free. 04 94 56 04 93

**22 Feb Draguignan and area**. Le Tour du Haut Var – cycle race. [www.tourduhautvar.com](http://www.tourduhautvar.com)

**24 Feb Draguignan**, cinéma Chabran. Le Vaisseau Fantome, Wagner – opera film. 20h15. €20

**28 Feb St Maximin la Ste Baume**, La Croisée des Arts. The Irish Show – music and dance. 21h00. €17. 04 94 86 18 90

### 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

### Wheelchairs

As part of our commitment to welfare we are currently holding three wheelchairs, one of which is a new lightweight model (kindly donated by a member). If therefore you, or somebody you know, is in need of short or medium term loan of a wheelchair in order to achieve greater mobility would you please contact Ann Mitchem, our Welfare Coordinator, and we can then make one of these available.



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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

There is no doubt that the members of the BAV can enjoy themselves, if the Grand Christmas Lunch at Hotel St Aygulf is anything to go by! This really got us into the Christmas spirit and it was good to join with VIAC. We have been delighted to take the opportunity of the season's festivities to make contact with certain welfare cases to give a small gift and to contact senior members of the BAV.

Just before we go to press we also have a gourmet lunch at Cotignac in mid-January which looks as if it will be very well attended with well over 40 bookings, close to the capacity of the restaurant. It is always of great concern to us that we are doing the right thing in arranging the events that we do. For example, at one stage it appeared that members wanted 'budget' meals whereas, on the contrary, the greatest attendances have been for the more gourmet meal as demonstrated by the Christmas lunch and the Cotignac lunch. Nevertheless we do endeavour to have a range of meals available and therefore we have a modestly priced lunch in prospect in February which will be followed by a quiz at St Antonin, and a lunch will be available at the AGM in Le Muy from 11€90. In April we will be hoping to have lunch in the St Maximin area. We are constantly trying to find lunch venues for 20 - 30 people so if you are aware of a likely restaurant near you then please let us know. I am sure that your local favourite restaurant would be grateful for the additional business.

I am delighted to report that Miriam Robinson of Villecroze has been co-opted onto the Committee and will stand for election at the AGM. We also, as a result of our appeals, have in prospect a new Committee member who could be appointed Treasurer and further details of this may be announced at or before the AGM. Please do endeavour to join us at the AGM or send in your Proxy Form so that you can have your voice heard and please note that questions have to be received well in advance in order to give a considered opinion.



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## 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.

## 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.

Aviva Insurance, Vidauban. Luc de Bardonnèche offers various insurance discounts for BAV members – see his advert in the Newsletter.

JF-Assurances. [www.jf-assurances.com](http://www.jf-assurances.com), e-mail [jf@jf-assurances.com](mailto:jf@jf-assurances.com). Tel. 04 94 40 60 94. 10% discount against detailed quotations.

## MEMBERS' GROUPS

### The Azur Photography Group

The group started the year with a technical presentation on the meaning and uses of the histogram in digital photography. In the discussion that followed, emphasis was placed on how to avoid "blowing out" the highlights of a photo, whilst still retaining the maximum amount of detail. This led to looking at how much can be recovered in software such as Photoshop from photos which at first glance seem unusable. There was also discussion on the relative merits of formats such as raw and .jpg.

We had a lesson on the principles of shooting video at our January meeting and our first meeting in February is on Monday 9th in Montauroux.



The group always welcomes new members so if you are interested in learning more about photography and joining us on our outings, make a New Year's resolution to come along. From camera phones to sophisticated DSLR's and beginners to experienced photographers, there is always something to learn and enjoy with us. For more details, please contact Mike Harper: [\\*\\*\\*\\*\\*@yahoo.co.uk](mailto:*****@yahoo.co.uk)

### Boules / Lunching / Golf Group



Since the festivities of the pre-Christmas period the boules group has settled down to the usual Monday afternoon meetings proceeded by a lunch. We

are pleased to report that we have had 3 new members join us recently and look forward to other members joining us for lunch, boules or both. Most meetings are now in Cotignac or Villecroze with occasional visits to other villages. Contact [Rob Flanagan chairman@baofthevar.com](mailto:Rob.Flanagan@baofthevar.com)

### Painting Group



Please contact Stella for details of the next painting day.

[Stella](mailto:Stella) 04 94 \*\*\*\*\*

## Faux Amis (False Friends)

More in our series of French verbal traps.

### Chair/Chair

Looking for a chair at a party? Use the term "*chaise*". "Chair" in French means flesh and you might get some weird looks if you tell the party hosts that you're looking for some.

### Slip/Slip

is one could easily get your knickers in a knot. Especially since "*slip*" in French translates into "men's briefs". If you've had a slip and you want to tell your French friends about it, better to use the verb "*glisser*".

### Pill/piles

You have a brutal headache and you head to the local pharmacy in search for pills to cure you. To the French, it will sound as if you're asking for "*piles*", or batteries. To avoid confusion (and to make sure you get rid of your headache), better to ask for brands like Aspirine or Doliprane.

### Air Con/l'air con

No, no matter how much of a French accent you put on in pronouncing this one, it is a deceitful 'false friend' that could land you in hot water. It would be hard to offend a French person more than telling them they have "*l'air con*". In the ears of a French person, you've just told him or her that they're "stupid".

### Sensible/Sensible

Identical, right? Not so. "*Sensible*" means "sensitive" in French and it's probably not the best word to use when describing yourself in a job interview. Try "*raisonnable*" instead.

### "Quotes"

Laugh and the world laughs with you, snore and you sleep alone.

Anthony Burgess



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## Nice Airport to undergo major renovation



Nice Côte d'Azur Airport has announced that Terminals 1 and 2 will benefit from a €30 million renovation project

which will commence in January 2015 and run until 2017. The works will improve passenger experience and also prioritise the creation of commercial space, which is currently lacking throughout the airport. There are plans to create a more user-friendly experience, including designs to create more compact routes through both terminals. Waiting areas and lounges for passengers will also be increased in size, particularly in those areas where seating is currently at a premium. By constructing a new, individual area for security control in each terminal, it is anticipated that the airport will be able to increase its capacity for travellers and cope better with peak travel times, by avoiding long queues. The changes in Terminal 1 are expected to be completed by September 2015, when work will begin on Terminal 2.

The changes will also have an important impact on commerce in the airport. After the work is completed in Terminal 2, shops and boutiques will occupy 3,300m<sup>2</sup> of terminal space, which is more than double the current figure. With regards to Terminal 1, a large walkthrough duty free section will be created, linking baggage control with the airport lounges.

Nice Côte d'Azur is currently France's third busiest hub, after Paris Charles de Gaulle and Paris Orly and offers direct flights to 105 varied destinations. It is hoped that the facelift will help to secure the airport's place as a crucial European destination. website.

## Birthday Greetings

We send best wishes to one of our oldest members, John Collingwood, on the occasion of his 90<sup>th</sup> birthday. Many happy returns, John!



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

See the Latest News and Forthcoming Events on our BA website

## Election of Committee members at the 2015 AGM

The closing date for Nomination for President and Committee Members is the **18 February**.

Our Chairman and Lesley Honeywell are standing down but are eligible to stand for election.

If you wish to stand for Committee or indeed as Chairman then you must find Members who will propose and second your nomination, and send a letter signifying you are willing, including the names and signatures of your proposer and seconder. You may also use the pro-forma in the Newsletter. Original copies, not emails should be posted to the Secretary.

The Nomination form is on page 11, please complete and return to:

**Michael Wharton Secretary**, \*\*\*\*\*  
83570 Cotignac

## Calendar and Diary Items

Would you please note in your new 2015 calendars and diaries that we have arranged the BAV annual **Vendange lunch for 12 September** and the **Christmas Lunch for 5 December**. If you are a member of any other group, association, church group etc. we should be grateful if you would advise them of these dates in order to avoid a clash of bookings.

## Bargain Basement

**Grundig Portable Worldwide Radio** - all bands, especially short wave, which has been used for amateurs until recently. Offers please. Proceeds to RBL and BAV.

Tel. 04 94 \*\*\*\*\*, Mob. 06 29 \*\*\*\*\*

## Set of Mizuno Golf Clubs - Aston generation 2 Clubs Dyna Flex 220M

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Contact Tony Barlow on mobile: 06 46 \*\*\*\*\*

**Touring Caravan** - English but French registered. Abbey Vogue GTS 215, year 2002. Fridge hob, gas oven, hot and cold water system, chemical toilet (cassette), electric mover. 3000€ plus accessories. Contact Fred Carpenter for more details: 04 94 \*\*\*\*\*

## VISIT PROVENCE – places to go in the Var and beyond.

### Domaine du Rayol, Rayol-Canadel-sur-Mer

The *Domaine du Rayol* (20 hectares), also known as the *Jardin botanique du Rayol* and the *Parc botanique à Rayol-Canadel-sur-Mer*, is a botanical garden and arboretum located on the Avenue des Belges, Rayol-Canadel-sur-Mer. It is open to the public all year round, with an admission fee. See: [www.domainedurayol.org](http://www.domainedurayol.org) for details.

#### History



The garden was first created in 1910 by Parisian businessman Alfred Theodore Courmes when he built his retirement home on a promontory overlooking the *Baie du Figuiet*. In addition to a small farm on the site (1909), he constructed his first house (1912, subsequently the

*Hotel de la Mer*) and later his second house (Rayolet, 1925), as well as a picturesque *bastidon* and pergola (1910). This earliest garden contained agaves, eucalyptus, heathers, mimosa, palms, and other Mediterranean trees. In 1940 Mme. Courmes sold the property to aeronautical engineer Henry Potez, who restored the buildings and built a staircase from the pergola down to the sea. With a staff of ten gardeners, the garden was extended and improved, and by 1948 contained nearly 400 species. However it subsequently fell into neglect and was abandoned by the late 1960s. In 1989 the site was acquired by the *Conservatoire du Littoral*, and landscape gardeners Gilles Clément and Philippe Deliau began a thorough redesign to create today's garden.



#### Description

The garden now contains a number of areas dedicated to plants of the Mediterranean basin, the Canary Islands, South Australia and New

Zealand, the coasts of California and Chile, South Africa, Argentina, Mexico, and Asia.

Its principal sections are as follows:

**Arid American Garden** - agave, yucca, and pipi cactus.

**Australian Garden** - semi-desert regions with acacia; heathlands with protea; eucalyptus and other aromatic plants.

**California Garden** - chaparral with manzanita, California lilacs, oaks, and pines; prairies; Joshua trees; Washingtonias.

**Canary Islands Garden** - representing three of Tenerife's environments: coastal rock formations, thermophilic shrubs, pine forest.

**Chile Garden** - plants of the coast, savanna, and foothills.

**Marine Garden** - underwater plantings on the sea-beds of Baie du Figuiet, including a fine planting of Posidonia.

**Mediterranean Garden**

**New Zealand Garden** - humid subtropical forests with tree ferns and palms; dry prairies

**South African Garden** - protea, heather, and plants in the Restionaceae family; large thorn acacia; numerous succulents including aloes.

**Subtropical American Garden** - northern Argentina and subtropical Mexico.

**Subtropical Asian Garden** - including Chinese bamboo and Japanese cycads.

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NATIONAL DATABASE OF ENGLISH SPEAKING BUSINESSES IN FRANCE

## No Winter Fuel payment in 2015

Winter Fuel Payments for British pensioners in France will not be paid out for winter 2015/16 as the government today laid a new Regulation before Parliament excluding France from the list of countries where it will be paid. More than 95,000 British pensioners living outside the UK, in France, Spain, Greece, Portugal, Malta, Gibraltar and Cyprus, will lose the annual £100-£300 Winter Fuel Allowance payment. However, anyone who has not previously claimed the allowance can still receive the 2014/15 payment if they lodge their claim before March 31. You must have been born on or before July 5, 1952 and live in the EU or Switzerland.

Social Fund Winter Fuel Payment (Amendment) Regulations 2014 say that the aim is to "ensure that the payment is better targeted on people who live in countries with a cold climate". However, it makes no direct mention of the temperature test that the government ordered which included readings from France's tropical territories to ensure that the average French temperature was higher than the UK. The so-called Statutory Instrument was laid this morning to come into force from September 21, 2015, and it is likely to pass through the Standing Committee without debate.

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## House for sale

Distinctive, modern villa. Stunning south views over golf range in Salernes. Infinity pool. Main accomm on one floor only. Underfloor heating/cooling. 60m2 living/dining/kitchen. 4.2m high. Total 4 beds, 3 baths. Now as 3 beds plus s/c studio. Enclosed 1112m2 garden. Terraces. Big garage. 10 mins walk village. 680,000 € (approx £525,000)

\*\*\*\*\*@gmail.com 06 33 \*\*\*\*\* or  
+44(0)78\*\*\*\*\*

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## New Members

We welcome the following new members to the British Association of the Var: Frank Symons from Lorgues, Andy and Lynn Batehup from La Mole, Jeffrey and Dominique Booth from Cannes, Jim Shepherd from Fréjus, Roger and Jennifer Mayhew from Le Val, David, Julia and Nicola Jones from Seillons Source d'Argen. We are impressed by the wide geographical spread across the whole of the Var.

## Eurostar to Provence

Tickets for Eurostar's direct year-round London-Marseille service have gone on sale, with prices starting at €111 return. Journeys from the heart of London or Ashford to the centre of Lyon will take about four-and-a-half hours, while Avignon will be reached in a less than six hours, or Marseille in little more than six hours. The service will start on May 1, 2015, and five daily trains will run between July 5 and August 31. Currently, one weekly service is planned for November and December, while three services will run weekly for the rest of the year. Tickets for the new route start at €111 return for Lyon and €123 return for Avignon and Marseille.

Passengers travelling from France back to the UK can board their train without the need to arrive 30 minutes before departure, because check-in, security and immigration checks will take place at Lille Europe, where customers will leave the train before continuing to Ashford and London. Lille Europe has recently reopened following extension and refurbishment in preparation for welcoming passengers from Lyon and the south of France. More details on: [www.eurostar.com/fr-fr](http://www.eurostar.com/fr-fr)

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## Smoke Detectors

A reminder that from 8 March 2105 smoke detectors have to be fitted in houses.

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## Furniture Disposal

For those who live in the *Dracenie* area around Draguignan a new scheme has been launched called "Ecomobilier" to provide outlets for unwanted furniture (house and garden) to be deposited for recycling. There are two open at present at the *Déchetteries* in Le Muy and Les Arcs/Taradeau.

Don't forget also the "Bargain Basement" section of the Newsletter for selling (or giving away) unwanted goods, and the charity Emmaus's depot in Le Muy where all types of goods can be taken. They will collect: 04 94 45 08 87.

**British Association of the Var  
Welfare Coordinator  
Ann Mitchem**

04 94 70 74 55 or 06 43 86 49 01  
[welfare@baofthevar.com](mailto:welfare@baofthevar.com)

**Desperate to Stop?  
call Alcoholics Anonymous**  
24 hour helpline –  
08 20 20 02 57 [aa-riviere.org](http://aa-riviere.org)



## Soup recipes

### SPICY CURRIED CARROT SOUP



1.5kg carrots  
450g onions  
4cm piece fresh ginger  
2 tbsp olive oil  
4 tsp curry powder  
800ml chicken stock  
Salt and pepper  
225ml single cream  
Fresh coriander to garnish

1. Peel carrots and cut into 2cm slices.
2. Peel ginger and grate 1 tbsp.
3. Chop onion and fry in large pan for 15 mins until golden, stirring frequently.
4. Add curry powder and ginger and cook 1 min, stirring constantly.
5. Add carrots, stock, seasoning and 450ml water and bring to the boil.
6. Cover and simmer for 30 mins until carrots are soft.
7. Blend, return to pan, add cream and 1 litre water. Heat through without boiling if serving hot.

CAN BE SERVED HOT OR COLD.

SERVES 12

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### New site lists all French strikes

Getting caught out by an unexpected strike could become a thing of the past, with a new website that aims to list every walkout in France - from the smallest local action to big nationwide disputes. [www.cestlagreve.fr](http://www.cestlagreve.fr) aims to help the public plan ahead and know about strike action affecting them. The site, which is apolitical, shows all ongoing and future strikes and can be displayed in a calendar or searched by region. Strike alerts will also be pushed out on Facebook and Twitter. Anyone planning a strike or who reads about one locally can submit details to the site, which will then verify the information before posting it online.

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### David Marple

We are sorry to report the death of BAV member David Marple of Flassans-sur-Issole.

## Provençal thyme

Following in the footsteps of 'Niçois olives', 'camembert cheese', and 'champagne', 'Provençal thyme' has now been granted protected status, ensuring that only thyme grown using traditional methods in designated areas of Provence can be sold under the name.

Provençal thyme has joined lavender from the region in achieving protected status.

The decision by France's National Institute for Origin and Quality (INAO) ensures that only thyme produced in the designated area will be sold under the name which will guarantee the reputation and quality of the product. This protected area will encompass the Var, Vaucluse and Bouches du Rhône and include parts of the Alpes de Haute Provence, Hautes Alpes, Drome, Ardèche and Gard regions.

Provence is already in possession of a European Union protected product with its lavender oil. The commission insists that the oil is produced from a high quality lavender genus which is grown at over 800m above sea level. Niçois black olives, which are typically used in the salad of the same name, are also protected and must come from the Cailletier Valley to be sold under the title.

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### Electronic devices on EasyJet

Passengers on EasyJet flights can now use electronic devices such as tablets, smartphones, e-readers and MP3 players at all times on their flights. The airline has relaxed its rules on the use of personal electronic devices, permitting their use even during take-off and landing, as long as they are set to "flight mode" and all in-flight safety instructions are followed. In "flight mode" devices cannot be used for text messages, phone calls or surfing the internet.

EasyJet submitted a detailed safety proposal to the Civil Aviation Authority which has been approved in line with all safety regulations, meaning that passengers will be able to continue watching films, reading e-books, working or drafting emails uninterrupted for longer. The announcement brings EasyJet into line with European Aviation Safety Agency guidelines issued at the end of November 2013.

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### "Quotes"

Age is something that doesn't matter, unless you are a cheese.

**Luis Bunuel**

## NEIGHBOURHOOD NETWORKS

### Cabasse, Carces, Correns Cotinac and Le Val

We will meet on the last Friday of the month,  
**February 27**, at 10.30 in Cafe de Cour, Cotignac.

*Michael Wharton*

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

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

Jim and Pauline North have hosted this meeting since the inception of Neighbourhood Networks and have now decided to take a rest. We thank them for their contribution to the BAV in giving of their time and effort. As no-one has come forward to take their place, this group is in abeyance until further notice.

Offers to [chairman@baofthevar.com](mailto:chairman@baofthevar.com)

### 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 \*\*\*\*\* \*\*\*\*\*@hotmail.com

### La Motte and Le Muy

Attendance at this group has been affected by illness recently, but Rob and Cynthia Ward have kindly stepped in to oversee it on a temporary basis. There were seven people at the last meeting and the next one will be on **February 13** at 10am in the Bar des Cascades, La Motte

*Alexandra Lewis-Smith*

04 94 \*\*\*\*\* \*\*\*\*\*@bbox.fr

### Les Issambres

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

*Richard Tolaini*

04 94 \*\*\*\*\* or 06 69 \*\*\*\*\*

### 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, **19 February** 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 \*\*\*\*\* \*\*\*\*\*@wanadoo.fr

**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.

### Congregation of the Ascension MONTAURoux

part of the Anglican Church of Lorgues with  
Fayence in the Var

You are very welcome to join us at  
**The Presbytery, 37 Rue Ste Brigitte,  
Montauroux**

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

[www.lorgueswithfayence.org](http://www.lorgueswithfayence.org)

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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.

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### Grimaud Village Church

Ecumenical service at Grimaud village church on first Thursday of the month at 11h00 from September to June.

July and August, service at Port Grimaud church on first Sunday of the month at 17h00.

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

[www.sjevar.com](http://www.sjevar.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

[www.lorgueswithfayence.org](http://www.lorgueswithfayence.org)

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

**Sunday 15 February**

**All contributions to:**

**[newsletter@baofthevar.com](mailto:newsletter@baofthevar.com)**

or to Shirley Rowson,

\*\*\*\*\* 83920 La Motte

**When booking multiple Events at the same time, please attach separate cheques for each booking in order to facilitate the banking procedures.**

**British Association of the Var Reservation Slip**

**QUIZ LUNCH AT ST ANTONIN DU VAR**

**Lunch: €14.90 members, €16.90 non-members. Quiz: €3. 12 February 2015**

**Venue: Lei Cigaloun, 93 chemin Caravane, 83510 St Antonin-du-Var. 12 noon**

<b>Names of those attending</b>	<b>Quiz Y/N</b>	<b>Member Y/N</b>	<b>Value €</b>
<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 31 January.**

**British Association of the Var Reservation Slip**

**AGM AND LUNCH 18 March 2015**

**Venue: Les Jonquières, 1005 Boulevard de la Libération, 83490 Le Muy. 10.30**

<b>Names of those attending</b>	<b>Lunch Y/N</b>	<b>Member Y/N</b>	<b>Value €</b>
			<b>N/A</b>
			<b>N/A</b>
			<b>N/A</b>
			<b>N/A</b>
<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, La Rocalière, \*\*\*\*\* 83570 COTIGNAC by 28 February.**

**BRITISH ASSOCIATION OF THE VAR – AGM 2015**

Nomination Form for Committee Chairman

Proposed Name	Proposer's Name	Seconder's Name
Signature	Signature	Signature

Please return to Secretary Michael Wharton, \*\*\*\*\* 83570 Cotignac

Nomination for Committee Member

Proposed Name	Proposer's Name	Seconder's Name
Signature	Signature	Signature

Please return to Michael Wharton Secretary, \*\*\*\*\* 83570 Cotignac

