

Thank



British Association of the Var

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Association Loi 1901 No: W831001750

www.baofthevar.com

March 2013

Newsletter

No 130

Important AGM details - Wednesday 20 March 2013

It is **very important** that those members intending to attend the AGM return the Reservation Slip accompanying this Newsletter.

Location - La Pinède

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

Schedule for the morning:

10h00 until 10h30 registration

with coffee, orange juice and croissants available for members

10h30 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.

The closing date for nominations for Committee was 18 February.

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

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!)

Please indicate on the reservation slip whether you are staying for lunch. 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 is not responsible for any food or drink costs.

For details of the venue and menus please view

www.pizzerialapinede.com

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

Annual General Meeting 20 March 2013 - RULE 6: General Meetings

I hope you will be able to attend the AGM. It is an important meeting in the life of our Association. You will very soon be getting the papers and then you will have the opportunity to ask questions on any item on the agenda but only if you send your question to me 7 days before the AGM. Members may participate in any discussion following the disclosure of written questions and the committee members' answer. Members may also make proposals but these cannot be voted upon at this meeting. A decision on proposals cannot be made until the next AGM or general meeting. There is also an opportunity to contribute to the meeting without written questions during the agenda item "Matters of General Interest". The rules that govern the procedures to be followed at a general meeting are printed below.

"Any member wishing to raise a question at the AGM which relates to an Agenda item or the content of the Annual Report and Accounts shall submit the question in writing to the Secretary not less than seven days before the date of the meeting."

"Any member may put forward a proposal at an AGM which will be recorded for discussion by the Committee with the member to determine whether it should be formally adopted by the next AGM. Any proposal which is rejected by the Committee will be reported in the Newsletter and in the papers convening the next following AGM by the Secretary together with the reasons for rejection."

Michael Wharton, secretary@bavofthevar.com

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Forthcoming Events

for your diary

Committee Meeting

Friday 15 March

Barclays Bank Open Day

Wine Tasting

Thursday 7 March - Port Frejus

AGM

Wednesday 20 March – Les Arcs

Guided tour of Seillans and Lunch

at La Gloire de mon Père

Tuesday 23 April

Lunch at Trout fishing lake

Friday 10 May - Entrecasteaux/Carces

Bring & Share Lunch

Friday 24 May - Tavernes

Quiz

Saturday 1 June – Draguignan

Summer Soirée

Wednesday 5 June - La Motte



www.baofthevar.com

See the Latest News and
Forthcoming Events on our BA
website

Book Sales

In the past one of the biggest revenue makers for the BAV Welfare Fund was our Book Sales. Last year our main Book Sale was at the Vendange Lunch in September. We had a major sale in November at the BAV store between Taradeau and Lorgues, followed this year by smaller ones at Coffee Mornings in Montauroux and Cotignac. Sadly the Taradeau sale was not well supported, which does not encourage the organisers who put a lot of effort into setting out and putting away the books – no mean feat!

To enable us to continue to raise funds to help those in trouble **we need more venues at which to sell the books**. Some of the coordinators for the **Neighbourhood Networks** take a small number for their meetings but it does not give you a realistic idea of the number of books available. Can you help us by:

1. **Offering your home** for a book sale - time to suit you - and/or
2. **Offering your services** to set up/breakdown the sale and help during the day.

Pauline North and Shirley Wigglesworth need your help to keep this service to the BAV members going. As mentioned elsewhere in this Newsletter, we are also looking for an alternative place to store the books and BAV furniture.

Please reply to the

Newsletter Editor

04 ***** newsletter@baofthevar.com

Guided tour of Seillans and Lunch at La Gloire de mon Père

Tuesday 23 April

Guided visit in English of the beautiful village of Seillans, designated a "Plus beau village de France", plus access to the collection of lithographs by the Surrealist artist Max Ernst, who lived there for 12 years. Please wear comfortable shoes as the village pathways are steep and cobbled.

9h30 at the Tourist Office

Place Thouron - €3 (Directions on request)

12h00 – Lunch

at the picturesque restaurant

"La Gloire de Mon Père"

next to the Tourist Office in Place Thouron.

If fine, we eat outdoors in the square by the fountain under the plane trees. If not, we eat indoors in their spacious restaurant with view of the valley. This excellent restaurant is offering BAV visitors a special inclusive menu at €27.

Menu

Cannellonis d'aubergine à la mousseline de chèvre

ou

Rillettes de saumon à l'aneth

Croustillant de Morue au pistou et tomates confites sur un risestti au parmesan

ou

Filet mignon de porc sauce moutarde à l'ancienne et gratin dauphinois

Mille feuilles aux fraises

ou

Crème brûlée maison

Café

Vin en pichet rosé et rouge

St George's Day – please note that this is St George's Day, the patron saint of England, so if you have any white flags with a red cross on, please bring them. Equally, wearing red and white is also an option. However, our Scottish, Welsh and Irish members will be excused from this if it encroaches on their patriotism!

Please complete the Reservation Slip and return to Michael Wharton **before 8 April**. You can opt for just the tour, or lunch, or both.

“What’s On” Guide

1 Mar Callas, Office de Tourisme. Guided visit (in English on request). 15h00. €5. 04 94 39 06 77

1 Mar Les Arcs, Café de la Tour. English Pub Quiz and lunch. 12h00. €10. 04 94 85 22 06
quizdelatour@gmail.com

1-17 Mar Ste Maxime, Théâtre de la Mer. Ice Rink. 14h00-18h30. €5. 0826 20 83 83

2 Mar Fréjus, cinema. Opera film. Parsifal – Wagner. 18h00. €21. 04 94 40 14 54

2 Mar Entrecasteaux, Espace Culturel René Marcel. Soirée Corse – Corsican meal. 19h30. €25. 04 94 72 92 08

6 Mar Lorgues, office de tourisme. Guided visit (in English on request). 15h00. €5. Booking essential. 04 94 73 92 37

8 and 14 Mar Roquebrune sur Argens, Les Orchidées de Michel Vacherot, CD7. Guided visit. 10h00. €4. 04 94 45 48 59

9 Mar Draguignan, centre ville. Carnaval. 15h00. 04 94 68 68 90

9 Mar Vidauban, Château st Julien d’Aille. Ensemble Choral de Lorgues – concert.

12 Mar St Tropez, cinema. Opera film. Falstaff – Verdi. 19h15. €18. 04 94 55 90 54

15 Mar Trans-en-Provence, centre ville. Carnaval. 15h00. 04 94 60 62 49

16 Mar Fréjus, cinema. Opera film. Francesca da Rimini – Zandonai. 18h00. €21. 04 94 40 14 54

16 Mar La Garde Freinet, Salle des Fêtes. Buffet dansant. 19h30. 06 11 52 19 48

16 Mar Seillans, Salle Polyvalente. St Patrick’s evening – Irish themed dinner dance. €19. 06 60 66 41 90

17 Mar Le Lavandou, centre ville. Corso Fleuri – flower parade. €12 in stands. 04 94 00 40 50

17 Mar Grimaud, Eglise. Soirée Musicale Ensemble Balkanes – concert Bulgarian music. 18h00. €20. 04 94 55 43 83

17 Mar Seillans, Salle Polyvalente, Rte de Bargemon. Thé Dansant. 15h00. €10.

17 Mar Fayence, centre ville. Carnaval (and classic car display). All day. 04 94 76 20 08

17 Mar Fréjus, Salle Hippolyte Fabre. Concert de l’Harmonie Aurélienne.

21 Mar Sainte Maxime, Cinema. Ballet film. Sleeping Beauty - Tchaikovsky. 14h30 and 19h30. €18. 04 94 56 77 77

21 Mar St Raphael, Théâtre Félix Martin. Frédéric Viale – jazz. 20h30. €13. 04 98 11 89 03

22 Mar Puget-sur-Argens, Espace Victor Hugo. Homage to ABBA – tribute band. 20h30. €22.

23 Mar Lorgues, centre ville. Carnaval. 14h30-16h30. 04 94 73 92 37

23 Mar Trans-en-Provence, Place de l’Hôtel de Ville. Olivades – olive fair. 10h00. 04 94 60 62 49

23 Mar Le Luc, centre ville et Espace J-L Dieux. Fête des Plantes et Saveurs de Printemps. All day. 06 15 42 21 49

23 Mar Seillans, centre ville. Carnaval 06 60 66 41 90

23-24 Mar Draguignan, Complexe St Exupéry. Le Salon des Séniors – activities and advice for over-50s. 10h00-19h00. 04 42 82 72 09

24 Mar Aups, centre ville. Journée de l’Olive – olive festival. All day. 04 94 84 00 69

24 Mar Rayol Canadel sur Mer, Domaine de Rayol, Jardin des Méditerranées. Arrival of Spring. €9. 04 94 05 65 69

24 Mar Cogolin, centre ville. Corso Fleuri – flower parade. 04 94 55 01 10

24 Mar Les Adrets, Eglise. Concert – piano and cello. 16h30. 04 94 40 93 08

28 Mar Draguignan, Cinema. Ballet film – Alice in Wonderland. 20h15

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

29-31 Mar Sainte Maxime, Théâtre de la Mer. Salon des Vignerons et de la Gastronomie. 10h00-19h00. Free. 0826 20 83 83

30 Mar Lorgues, Espace F. Mitterrand. Masked ball with orchestra. 20h30. 04 94 73 35 39

31 Mar Grimaud, Place Vieille. Orchestre Semper Fidelis. 12h00. 04 94 55 43 83

31 Mar Roquebrune-sur-Argens, centre ville. Corso Fleuri – flower parade. 14h-17h00. 06 81 82 32 73

Zenith Oméga: Toulon: www.zenith-omega-toulon.com 0892 700 840

Opera House: Toulon: www.operadetoulon.fr 04 94 93 03 76

Draguignan Theatre:

www.theatresendracenie.com 04 94 50 59 59

Forum Theatre: Fréjus and Centre Culturel, St Raphaël: www.aggloscenes.com 04 94 95 55 55

Marseille - European Capital of Culture

Now is the time for a trip to Marseille as it has been spruced up for its role as European Capital of Culture this year. There are many special exhibitions and events housed in spectacular new buildings, and the details can be found at: <http://marseillecityofculture.eu/capital-of-culture.html>

St Tropez Citadel

This famous monument on the hilltop in the centre of St Tropez will be **closed** for restoration until June 2013.

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

04 ***** or 06 43 86 49 01
welfare@baofthevar.com

LITERARY LUNCH Speaker: Elizabeth Morgan

9 March 12h00

Les Esparrus, 560 RD, Villecroze 83690

It is a great pleasure to introduce you to the well-known actress/author Liz Morgan. Liz was born in Wales in Llanelli and has spent a life-time in the entertainment business. She has performed in dozens of series and serials on television in the UK and in some serials in the US. She has written many performed plays for theatre and television. She has published four books and written dozens of articles in UK and French journals and magazines. Her latest book, a novel, is a love story between a French girl in the French resistance and a German Major during the Vichy government - and on sale at the lunch.

The next speaker will be Bill Colegrave, who will talk about his journey to find the source of the river Oxus in Afghanistan, date to be decided but near mid April.

Jane Emery 04 *****
*****@nordnet.fr

Chairman's Report

Here we go again! Just as we thought that currency exchange rates were heading in the right direction for most British people, or at least had been stabilised, we are seeing a reduction in exchange rates from over 1.25 to about 1.15. We do hope that this is not causing too much pain and financial difficulty to members. Following our appeal for new members of the Committee I am pleased to report that we are discussing involvement with at least 2 members who hopefully will be proposed for election at the AGM.

As you know, the AGM is on 20 March and we would like to have the opportunity to give considered and factual replies to any queries, so please ensure that any questions are properly submitted before the required date.

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Welcoming

The ethos of the BAV is to be inclusive and welcoming and we hope that most of the time that is achieved. However, at our events, it is easy to slip into the trap of meeting up with friends, always sitting with them in a group - forgetting the needs of those who are new to the BAV, or come alone.

The Committee do their best to circulate and seek out newcomers, but it is up to all of us as members to make our organisation a friendly one where people feel included. Please, make a point of looking out for people who appear to be on the fringe and include them in your group, not leaving anyone sitting alone at a table. Our principal aim as an organisation is to give help and support to others, we can also enjoy ourselves while doing so, and it just takes a little thought and awareness.

Storage needed

The BAV needs storage facilities for its equipment, including tables and chairs – **can you help please?** Requirements: Garage space, room or dry outbuilding 15m² with access for a box van. Please reply to the Newsletter newsletter@baofthevar.com



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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.

NEIGHBOURHOOD NETWORKS

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

About 20 BAV members and non-members met on 14 February at the Cercle Philharmonique in St. Maximin. We were a jolly (not too noisy) company and many said they looked forward to joining us again next month on **Thursday 14 March** at 10h30, same place. There is plenty of parking within easy walking distance. Do join us – the idea is to spread our neighbourhood wings, and get to know a few more people living nearby. *Diana Andre de la Porte*
04 ***** @wanadoo.fr

Cabasse, Carces, Correns, Cotignac, and Le Val

The next coffee and chat session will return to the Cafe de Cour in Cotignac on **Friday 29 March**.
Michael Wharton
07 ***** @cam.ac.uk

Draguignan, Les Arcs, Le Luc, Taradeau and Vidauban

We meet on the **2nd Friday of the month** at the Café de la Tour, Les Arcs at 10h30. As there is no Neighbourhood Network in Draguignan at present, some members from there have been attending the one in Les Arcs and we extend a welcome to anyone else who would like to come. *Jim North*
04 ***** @wanadoo.fr

Entrecasteaux, Salernes, Tourtour and Villecroze

We meet on the **4th Tuesday of the month** at 10h30 at the bar Cercle de l'Avenir in Villecroze. Please check the venue as we may rotate to another village. *Ann & Maurice Mitchem*
04 ***** @hotmail.com

La Motte and Le Muy

Our February meeting was delighted to welcome a new face, Judy, a long-time resident of La Motte, and to see our friends from Yorkshire and Le Mitan again, Stella and Tony. We thank them and all our "regulars" for their support. Amazingly enough, we are approaching our second anniversary in May/June so we will have to celebrate with a cake (or three!). Meanwhile, our next meeting will be held, as usual, in the Bar des Cascades, in the centre of La Motte on **Tuesday, 12 March**. All are very welcome. *Alexandra Lewis-Smith*
04 ***** @bbox.fr

Les Issambres

We meet **every other Tuesday** at 11h00 at L'Arpillon café next to Casino. *Richard Tolaini*
04 ***** or 06 ***** @aol.com

Bargain Basement

Sales and Wants printed **free** for members

Email your ads to newsletter@baofthevar.com

TRAILER seeking new home. Old but serviceable. Offers invited to be donated to BAV Welfare Fund. Roquebrune-sur-Argens.

Please contact: 04 *****

Plasterboard Lifting Machine as new, ideal for fitting a new ceiling single-handedly. **100€**. Cotignac.

Please Contact: 04 ***** or 06 *****

John Searle has kindly donated **14 jigsaw puzzles** (mainly in wood) and a number of games including **Cribbage, Scrabble, Bridge, Piquet and Triominos**. These are available to members for a small donation.

Please contact: chairman@baofthevar.com

Antennes de Justice

A Newsletter reader recently had trouble with Orange, who cut off her telephone line claiming that she had not paid her bills or that she had cancelled her server. As this was not the case, she took copies of her bank statements to the *Antenne de Justice*, where a quick phone call to Orange sorted out the problem and she was reconnected.

The *Antenne de Justice* is a government department employing experts, including lawyers, to help individuals with small claims. You have to be a French resident to qualify to use their services. Sadly for those in east Var, there are only two of these, which are situated in Brignoles and St Maximin-de-la-Ste-Baume, but if you are desperate it will be worth the journey – details below. Please ring for opening times.

The *Conciliateur* service is also part of this department, but, as mentioned in a recent Newsletter article, this free service is available at most *Mairies* to help with disputes with neighbours, etc.

Antenne de Justice, 4 avenue Maréchal Foch, 83170 Brignoles. 04 98 05 93 81.

Antenne de Justice, Ancienne Gendarmerie, Place Mermoz, 83470 St-Maximin-la-Ste-Baume
www.cdad-var.justice.fr

My Village - Montauroux



The name Montauroux comes from Mont Auros or Golden Mountain, called this because of the crops of corn grown around the hill behind the church. The village lies between the foothills of the Alps to the North, the river Siagne to the East, the line of perched villages in the Fayence Canton to the West and the ancient route of Via Aurelia to the south. In 12 BC Augustus built this highway that would stretch from the mountains above the Mediterranean near modern Nice to the Rhone River, 180 miles away, and it served as the main artery until 5 AD.

A fortress and ramparts were built in the 14th century to protect the village from invaders, but this was destroyed by Henry IV's envoy, the Duke of Epernon, in the 16th century, along with the chapel of St Barthélemy. On the saint's feast day every year there is a ceremonial burning of an effigy of the duke.

The church of Saint Barthélemy dates from the 12th century but was modified on a grand scale in the 17th century into a traditional church with a square bell tower (campanile). Traces of the original building - the old entrance door, external walls and belfry - can still be seen. Modern treasures include a heart-shaped sundial (1989), a fresco in the choir area painted by Galli and Coste from Nice, picturing the four evangelists and Saint Barthélemy (1989) and an Italian organ dating back to 1870. Concerts are still often held there.

The chapel of Saint Barthélemy was rebuilt in the 17th century and became a listed building in the 19th century. The great couturier Christian Dior, who lived nearby at the Château de la Colle Noire in the 1950s, bought the chapel and bequeathed it to the commune of Montauroux in 1953. It was restored and added to the register of historic monuments in 1958.

Although not a large village, Montauroux has a certain charm: the "Place du Clos" with the "Mairie" standing at one end (this also has a 19th century campanile), narrow little streets, several

lovely old stone fountains and the traditional "Lavoir". Being located mid-way between the sea and the first ski resort, you can ski in the morning and be on the beach in the afternoon.

Agriculture is the main economic activity of Montauroux: wine, fruits, cereals, olives and sheep. Speaking of sheep, a fête called "Transhumance" is held around June when the sheep are herded together and moved on foot through the streets up to the cooler, lower parts of the Alpes Maritimes. Before their departure, they are held in a field on the plain where a number of stalls relating to old trades such as wool spinning can be found, along with Provencal stands selling local products and demonstrations of working sheep dogs, and sheep shearing with contests between the shearers. All this makes for a very interesting and colourful spectacle.

Lac St Cassien is a 430 hectare natural lake that is located on the plain and was made by flooding the old bed of the Bianconi river. Famous for its huge carp, until recently it was the most popular and difficult fishing lake in Europe but new laws have stopped night fishing so several hundred fisherman will be looking elsewhere for their sporting holidays. The lake is also popular amongst holiday makers who picnic, swim, hire pedalos and eat at the lakeside restaurants. EDF own the lake and have a hydro-electric plant at the end of the North arm. Every month the water is tested for purity and nothing is allowed to be discharged into the water (eg septic tanks) and only electric boats can be used to avoid any accidents with fuel.

Montauroux rises in tiers of altitudes from 150m to 400m and because of its southern exposure, is renowned for its sunny position and exceptional amount of sunny days. That's why I am happy to live there.

Sandie Docherty

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MEMBERS' GROUPS

Walking Group - Central Var

There are two monthly guided walks of varying distances, weather permitting, (excluding July and August). For the proposed dates and details of our next walks of 5+ km and 10+ km please contact me for further information:

*****@wanadoo.fr
04 ***** or 06 *****

Happy Boules

The hardy boules group are continuing through the winter with members coming to the meetings at several central Var bouledromes from as far away as Le Val, Roquebrune sur Argens, Montmeyan and Aups. Come and join us! For more information please contact:

Rob Flanagan 06 *****
*****@hotmail.com

Painting Group

There is no date fixed yet for March. All enquiries to me please:

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

Digital Photography Group

The January photo group meeting was to find photos of the Riviera that could possibly be used for an A4 local magazine. Not as easy as it sounds due to the need to leave space at the top of the picture for the heading. Not something that you do deliberately unless it is something like the sky. The group's photos can be viewed on PBase with following link: <http://www.pbase.com/bavarphoto>

Antibes was the venue for the early February meeting. Fortunately, the weather was kind to us and with a magnificent backdrop of the snowy Alps and a brilliant blue sky overhead; any concerns about venturing out of doors were quickly banished. For the visit, we were guided by Hilary who was returning to her old stamping ground for the day and whose local knowledge was a huge bonus. Antibes has a distinguished history going back to Greek times, as well as being a desirable base for more recent settlers in the twentieth century, offering plenty of photographic opportunities. An enjoyable lunch near the old market was a welcome interlude between our two photographic sessions. Anyone wishing to join the club please contact:

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

Walking, Digital Photography, Boules and other groups

We are pleased to announce that, following clarification by our insurers, AVIVA, we can now formalise the various walking, photographic, painting, boules and other groups within the banner of the BAV, as in the past there has been concern about the participation by non-members.

It is now clear that as long as non-members are invited to join the group, they are covered by the general association insurance (with the exception of hazardous pursuits). This being the case, we hope to give greater publicity to these groups and particularly to walking groups. If anybody is interested in forming a Walking Group in another area of the Var **please contact** events@baofthevar and we will endeavour to put similarly minded people together in the same area.

Jim North at Les Arcs sur Argens organises monthly guided walks in central Var – if you would like to join in please contact him:

04 ***** or *****@wanadoo.fr

New members

We welcome John and Lorraine Searle of Lorgues to the British Association of the Var.

Benefits for Members:

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.

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.

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

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

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

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 Mike Lorimer - Orias No. 07032481

Coffee Morning in Montauroux



In January, we were extremely pleased to be invited to the home of Sandie Docherty for a Coffee Morning at Montauroux on the eastern extremity of the Var. The event was well attended by members and friends and we were particularly well looked after with ample coffee, tart and biscuits. BAV books were also available and approaching 150€ was raised for Welfare funds.

Breton Lunch at Lei Cigales, Villecroze



18 members of the BAV met at Lei Cigales in Villecroze in January for a lunch celebrating Breton cuisine, the speciality of the restaurant. We commenced with a delicious and unusual *Kir Breton* of *crème de cassis* and cider, through the starter to a filling and tasty *galette*. Our thanks go to Daniel and Marilyn of Lei Cigales for providing such a friendly welcome and fine cooking, culminating in a lemon meringue tart specially made for the English palate.

Desperate to Stop?
call Alcoholics Anonymous
 24 hour helpline –
 08 20 20 02 57 aa-riviera.org

Your unwanted DVDs

Please pass on any DVDs that you no longer have any use for to Ann Mitchem. We will then make a list of those available so that hospital patients or anyone house bound may borrow them.

For next month's Newsletter

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

Friday 15 March

All contributions to:

newsletter@baofthevar.com

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

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.

29 March - Good Friday Meditation, 11h00

31 March - Easter Sunday Holy Communion at St John's, 10h30

31 March - Easter Sunday Holy Communion at Port Grimaud, 17h00

14 April - AGM, 11h45

Grimaud Village Church

1st Thursday of each month at 11h00

Please ring 04 94 60 87 05 for details

www.sjear.com

The ARK, LORGUES

L'Oasis Christian Fellowship

Every 2nd Sunday at 11h45 at

Arc-en-Provence, 1801 Chemin des Pailles

and every 4th Sunday at 11h45 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.arc-en-provence.com/oasis

The Var Tuesday Club

meets every 3rd Tuesday

see www.vartuesdayclub.org for details

CALLIAN

Le Pradon Anglican Church

Fellowship of the Ascension

You are very welcome to join us in

our new church home at

Le Pradon Maison de Retraite Callian.

We meet on the **1st and 3rd Sundays** of

the month **at 10h30** for Family Communion

or Morning Prayer.

We also have a Bring and Share lunch afterwards.

Please ring Hilary 04 94 47 70 67 for details

or visit our website

www.lepradonanglican.org



British Association of the Var

Putting people and social needs together since 1998

Association Loi 1901 No: W831001750

www.baofthevar.com

March 2013

Newsletter Supplement

Hospitalised

If admitted to hospital, with prior notice, you will need some of these items and you may make your stay more comfortable if you take most of them:-

- *Carte Vitale* / European Insurance Card (EHIC)
- Passport or *Carte de Sejour Mutuelle Assurance* details
- All currently prescribed medicines or at least a copy of the latest prescription
- Copies of any recent lab tests, X rays etc.
- Toilet bag with usual toiletries
- Smart phone - for phoning, games, access to Internet (radio stations) and music
- Limited money
- Cheque book if requiring rented TV (about 5€ per day) or for Wifi if available
- Books
- Sudoku/games/crosswords
- Portable DVD player (available from BAV welfare)
- Dressing gown
- Limited clothes
- Slippers and outdoor shoes
- Glasses
- Towel
- Glove flannel (top tip!)

Do not take valuables!

Travelling abroad from France – health care

If you have relocated permanently to France and travel elsewhere within the EU, then you will need to ensure you are covered for health during your stay. For this purpose you will need a European Health Insurance Card, either issued to you by the UK (for British nationals) or French authorities. Those living in France who are covered for health care from the UK (such as those with an E121/S1 or E106/S1), need to apply to the UK authorities for a European Health Insurance Card (EHIC).

If you are not covered from the UK you need to apply to your local *caisse* for a ***Carte Européenne d'Assurance Maladie (CEAM)*** from your local *Caisse Primaire d'Assurance Maladie*. The period of validity of the French card is one year. You will only be entitled to a CEAM if

you are registered in the French health insurance system. Otherwise, you will need to take out private health insurance when visiting another EU country, or be covered via an EHIC.

Normally, you should not be required to pay for any health care in another EU country outside of France, but if this does occur, then you need to apply for reimbursement from the UK or French authorities, as appropriate. The EHIC is valid for at least three years, unlike the CEAM, which is only valid for one year. If you are eligible for a card you will need one for everyone who is travelling with you, including children under the age of 16 years.

If you are travelling outside the EEA area then you should check with your local *Caisse* on any reciprocal arrangements that France may have with the country you are proposing to visit. Even though no agreement may have been signed, you may still be able to receive reimbursement of some of your medical costs. Make sure you keep all the bills.

“Stranded and Penniless” scam surfaces again

We have now had 2 members who have had their email address cloned and emails have been sent out to their contacts saying that they are stuck overseas having had passports and money stolen. Requests have been made to send money urgently to get them repatriated. If you receive an email of this kind please **do not respond to it** but call the person and check that they are not in need of assistance. If you are a victim of a cloning of your email please change your password and advise all of your contacts of the scam email so that they do not react to it.

Financial information “phishing” reoccurs

Phishing is the computer term for the process where criminals try to trick you into giving them your bank details and passwords so they can clean out your account. We published an article recently where this was done in the name of EDF, and now there is another one circulating purporting to be from the CAF – *Caisse d'allocations familiales*. Do not reply to any of these requests as you are replying direct to the

criminals. Check with the organisation mentioned and they will usually confirm that it did not come from them.

Breath Test Saga Continues

THE government has delayed indefinitely the full introduction of the controversial breath-test law, which requires motorists to carry an unused kit in their vehicle and which was due to come into force on 1 March 2013, involving €11 fines for those who did not comply. It was felt that this measure will not be effective in reducing drink-driving deaths, as first thought, and other research is now being undertaken to find other solutions to the problem.

So after much chiding about by law abiding citizens to obtain this equipment when it was in short supply, we now find the French Government doing yet another U-turn – *c'est la vie!*

Walks

Over the next few months we will be including some short walks for those who are unable to manage longer walks but still like to enjoy the great outdoors in the Var. As this guide is intended for your own use, you are responsible for your own safety. Please take sensible precautions: have your mobile phone charged, with the international emergency number in the memory (112); wear strong footwear and suitable protection against the weather; take a bottle of water especially in the summer. Respect the countryside – no smoking or camp fires, close gates, don't damage crops. Distances and times are approximate and are for guidance.

Le Dramont Semaphore (east of St Raphaël)

Round trip about 90 minutes, including time to enjoy the excellent sea views and rest on the benches. Some steep climbs. Near the beach where the Allied landing took place for the liberation in 1944 – the monument and a landing craft can be seen in the large car park at Le Dramont beach. Map IGN 3544 ET

Car access: On the N98 cost road 8 km from St Raphaël and 1 km before Agay, find the turning on the right to Camp Long beach - signposted "Villa Robinson" and "Tiki Plage Bar" – and take the tarmacked road towards the beach past the bar on the left and Villa Robinson on the right. After about 200m turn right into the second parking area in the forest.

At the entrance to the parking there is a path with a barrier which follows the shore. Just after the barrier do not take the right turn signposted "Belvédère de la Batterie" but go straight on to follow the coast and enjoy the sea views. Go up some steps on the right to reach a picnic area then follow a small stony path through the bushes, marked with blue arrows on the ground, to a clearing where the path climbs to the right.

After 15 minutes take the left fork which continues upwards along the coast. Follow the blue arrows, climbing steadily, where after 25mins you reach a fork. Take the left hand path going down, still marked with blue arrows. After 35mins you reach a tarmac path and turn right to climb again. After 45 minutes there is a road to the left which climbs steeply to the Sémaphore – hard work but worth it for the view - where access is forbidden as it is a military site. However there is a path to the right which encircles the buildings and leads to the *Belvédère* in several minutes where there is a welcome bench and a wide viewpoint:

Mont Vinaigre and *Esterel* mountains (North), and *L'Île d'Or* with its tower (W-SW). *L'Île d'Or* and its 4-storey tower, which featured in an episode of Tintin, were bought by a retired navy officer in 1961 and the restored tower is still used by his family for holidays. Retrace your steps to the junction and go straight on, then turn right towards the *Belvédère de la Batterie* (signs on a tree) to see the view over the bay of Agay from beside the communications mast – again a welcome bench. Return to the fork and carry straight on down the hill past former gun platforms. At the signed junction turn right towards Camp Long, then at the T junction turn left and follow this road until you return to the car park.

COMMITTEE MEMBERS

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**Members – John Collingwood, Ian Mackintosh,
John Lloyd, Kevin Bell**