



British Association of the Var

Putting people and social needs together since 1998

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Newsletter Supplement

Recipes from Vendange Lunch

By popular request, we publish the recipes for the two main dishes at the Vendange Lunch, much appreciated by all.

Duo de Saumon

Ingredients (add or reduce to taste) for 8 people:

Bunch chives

Large handful flat leaf parsley

240g smoked salmon

400g salmon (no skin)

200g cream cheese (Philadelphia or Tartidou)

Line a loaf tin with cling film. Place a couple of parsley sprigs neatly in the bottom of the tin then cover with some of the smoked salmon. Steam the fresh salmon. Mix the remaining parsley, chopped chives, salmon, smoked salmon and cream cheese in a bowl and break up with a fork to small pieces. Spoon the mixture into the tin and cover with film. Place in fridge for up to 2 days. Tip onto a serving dish when required and carefully remove the film.

(If softer texture required, add extra 100g cream cheese and blend half the mixture.)

Coronation Chicken

Ingredients (add or reduce to taste) - 8 people:

8 - 10 chicken breasts

6 garlic cloves

Seasoning

Onion

2 tbsp curry powder

1 tbsp tomato purée

100ml red wine

150ml water

Bay leaf

Lemon juice

450ml mayonnaise

3 tbsp apricot jam or purée

Crème fraîche

Boil the chicken with garlic and seasoning. Allow to cool, chop into small pieces and set aside. Place oil in a large pan and cook the onion until soft. Add curry powder, tomato purée, wine, water and bay leaf. Bring to the boil, season, add lemon juice and then simmer. Strain the sauce and cool. Add the apricot jam/purée and crème fraîche. Stir in the chicken.

Pet transport rules eased

Restrictions on pets travelling within the EU are to be eased with new regulations cutting administrative problems while tightening up health requirements. The changes, due to be implemented in 18 months' time, come after the success of the Pet Passport scheme in vastly reducing the incidence of rabies, resulting in an average of one rabies case a year in the EU. This has allowed MEPs to ease the rules and allow pets to accompany owners if they carry a microchip "passport" or, in some cases, a readable tattoo. Owners must ensure vaccinations are still valid.

The clearer rules on pet passports, rabies vaccinations and identification documents will also allow young animals – from 12 to 16 weeks – which have been vaccinated but not yet reached immunity, to travel.

Previous restrictions of a maximum of five animals being transported are to be lifted, as long as the animals are not being transported for commercial purposes. This change is intended to allow owners to take part in competitions or shows.

Les Arcs railway station

Those of you who use the station at Les Arcs, together with 800,000 other passengers in 2012, will know that the facilities were not up to scratch for greeting arrivals on the TGV and other trains. Major improvements are now underway and the new building is now operational, with comfortable seats and improved ticket offices.

The next phase will include upgrading of the platforms (with a lift, we hope!) and provision of a self-service cafeteria and tourist information point. You will also be delighted to know that the inadequate amount of parking spaces will be dealt with – never arrive at the last minute if you need a parking spot, they are very hard to find.

Legal help with your affairs

When people get older they sometimes need help with important decisions or taking care of their daily affairs, possibly due to illness or mental deterioration. There are several possibilities in France:

- *Procuration* (power of attorney) may be appropriate in the early stages of dementia, for example, to allow a relative to manage their bank account.
- *Personne de confiance* (trusted third party) is designated when undergoing medical treatment to help with formalities, and to step in if the person cannot express their wishes.
- *Mandat de protection future* allows someone to name a person for their future protection and management of their affairs.

Available by application to the *juge des tutelles*:

- *Habilitation judiciaire* (judicial capacitation) where the partner of a person unable to express their wishes can to represent them to accomplish specific acts, such as selling a house.
- *Sauvegarde de justice* (legal protection) gives powers of limited duration up to a year to a third party while waiting for a long-term arrangement for French guardianship such as *curatelle* (suitable when the person needs help with more important decisions, including property), or *tutelle* (where the person is represented in all administrative and legal affairs). The *curateur* or *tuteur* is usually a family member who has to file an annual report and is liable to the heirs.

WALK – GRIMAUD LE PIERREDON AND LA CALADE

Easy walks with some slopes in the La Garde valley north of Grimaud where there used to be watermills and windmills.

1. Le Pierredon 2km, 50min, way-marked blue
2. La Calade (an extension of Le Pierredon) 3.7km, 1h20, way-marked orange.

Car access: Approach the village on the D558 and take the right turn marked "Centre ville" to go up into the old village. At the top of the hill take a sharp turn right and follow this road past the Mairie until you see a small chapel on the right. Turn right here and go towards the cemetery (don't take the right turn to the mill), follow the road round the cemetery to a large parking area.

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1. Le Pierredon Before starting the walk, climb the steps to see the windmill (not open to the public) and viewing platform over the sea. Then go to the opposite side of the car park to find the discovery path to the *Pont des Fées*. Follow the white arrows of this path down into the valley and along the river until you come to the *Pont des Fées* on your left. Continue on this path passing chain-link fencing on the left then at a wooden barrier leave the discovery path and go down the hill, passing two houses on the left before you ford the river Garde. Carry straight on * then on the right cross the river by the footbridge or ford and go up the road for 500m (steady climb), arriving at the D558. Cross the road at the pedestrian crossing and go up towards the village. ** At the second pedestrian crossing cross the road again and take the steps up to the *Rue des Anciennes Ecoles*, which you follow to the *Place Neuve*. Here you can explore the village before returning to the parking area by the windmill.

2. La Calade Follow the instructions for the previous walk up to *. At the footbridge continue straight ahead. After 250m, following the river, you will see small houses in the vineyards. 700m farther on cross the bridge on the right towards *Chemin de la Calade* ("calado" in Provençal means "cobble path"), then after another 700m you will arrive at the *Oratoire St Joseph*. You are now on the ancient cobbled road from Grimaud to Sainte Maxime. Keep straight ahead until you arrive at the D558. Follow this towards the village for a few hundred metres, then cross it at the pedestrian crossing and follow the instructions for the previous walk from **.

Information

Call in the Tourist Office (on the D558 below the village) to get a map, and brochures about the Chateau and the Folk Museum if you are intending to visit these. There is also a "*Circuit Historique*" of the village centre which could be added to your trip (1h00), brochure from Tourist Office. The *Pont des Fées* is a listed site with the remains of an aqueduct 3km long that used to bring water from a spring to the village.

The Museum is open Monday-Saturday: May-September 14h30-18h00, and October to April 14h00-17h30. Entrance free. (Tuesday-Saturday in July/August.) The ruined Chateau is open all the time, but is accessed by a steep climb as it is on a hill-top.