



British Association of the Var

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Association Loi 1901 No: W831001750

www.baofthevar.com

September 2014

Newsletter

No 148

Liberation Ceremonies – 70th Anniversary



The dates of 14, 15 and 16 August 2014 are always special to those who live in areas that were part of the liberation of Provence in 1944 and ceremonies are conducted in various towns and villages each year. This year, however, is very special as it is the 70th anniversary of this event.



Operation Dragoon was a carefully planned manoeuvre to drive the enemy north and free the coast of opposition to beach landings. The village of La Motte was chosen as the landing area for British and American paratroopers and gliders containing equipment (including jeeps), and although some of the first arrivals went astray due to bad weather conditions, eventually the proceedings were organised from the tiny hamlet of Le Mitan, to the east of La Motte. General Frederick had his headquarters in one of the houses and there was a field hospital set up. Prisoners of war were penned up in a chicken coop until they could be moved on. The local *Résistance* played a large part in the ground operation, relaying messages and guiding the troops.

So the two annual ceremonies at the monuments (*stèles*) in Le Mitan were more important than ever, and were attended by many local people, plus the *Maire* and other local authority figures, some of the paratroopers themselves who had landed and fought 70 years ago, their families, representatives of the Royal British Legion, and local veterans and flag bearers as usual, but this year the attendance was augmented by the French military, and representatives from the French government and the British government (Lord Astor). The local re-enactment groups were there, as always, in uniforms and dress from the period, in their lovingly restored jeeps and other military vehicles which form a grand parade through the local villages on successive days.



It is at the same time a moving and celebratory occasion. The gratitude shown is still real and effusive, and solemn moments of remembering the dead are very poignant. Those of us who have never lived in an occupied country cannot understand the depth of feeling, but as with the celebrations in Normandy in June, the liberation of Provence is still remembered today as a major turning point in the Second World War.

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Forthcoming Events

Committee Meeting
8 September

Vendange Lunch at Lorgues
13 September

**Finance Seminar by Spectrum Group and
Mike Lorimer at St Endreol, La Motte**
8 October

**Commemoration lunch for WWI
in Draguignan**
10 October

Coffee Morning and Books
Montauroux - 4 November

10 pin bowling and Asian buffet lunch,
Fréjus – 19 November

Christmas lunch at St Aygulf
6 December

Membership Renewal

Renewal forms will be sent out with the October Newsletter and need to be returned by 1 November. The annual fees have been increased to 30€ due to rising costs in running the Association. I refer to revenue costs and not the money we hold on account for welfare support. As a non-profit association we are obliged by law to only hold such funds as may be required in any one year. Recent returns to the Prefecture have shown a year on year increase in funds which might be regarded as "Profit" so the committee have been widening the definition of welfare to ensure we keep within the law. One such an example was the one-off gift approved at the last AGM, where it was also decided that printing costs for those who cannot manage internet copies should be considered welfare, and not added to their annual subscription, other than postage. If members who have the paper copies of the Newsletter would prefer to contribute to the costs of approximately 2€ per month they can make a donation when completing the renewal form.

If you wish to receive a paper newsletter, instead of an electronic one, your annual subscription will be 45€.

Michael Wharton
Hon. Secretary

Asian Buffet Lunch and Ten-pin Bowling

Wednesday, 19 November 2014

New Asia Wok, corner of RN7 and Route de Bagnols, 83600 Fréjus – 12 noon

Set menu - Buffet Midi, wine and drinks extra

Ten Pin Bowling at 'Bowling de l'Esterel', Route de Bagnols, 83600

Cost: €18.90 members, €20.90 non-members. Lunch only: €12.90 members, €14.90 non-members

Parking is available behind the Bowling rink.

Financial Seminar 8th October save the date

Mike Lorimer of the Spectrum IFA Group will once again be introducing speakers at the forthcoming "*Le Tour de Finance*" seminar. The seminar is being held at *Les Domaines des Saint Endreol* Golf and Spa resort on the morning of the 8th October. Topics being covered are: recent changes to UK Pensions and QROPS, *Assurance Vie* update, maximising your foreign exchange transactions, French Tax changes explained and a market update from a major asset management group.

Please register at www.spectrum-ifa.com/seminars or by e-mail to seminars@spectrum-ifa.com The event will begin with coffee at 10.00 for a 10.30 start. The presentations will last approximately 1 hour and a half, followed by canapés and wine. All the speakers will be available at that time to answer any of your questions. Mike and the speakers look forward to seeing you!

Vendange Lunch

The annual Vendange Lunch will take place on 13 September at noon at Domaine St Marc des Omèdes, Chemin de Vaussiers, 83510 Lorgues and will cost €25 for members and €27 for non-members. The usual delicious buffet will be on offer and there will be Christmas cards and books available. Directions can be found in the August issue.

"What's On" Guide

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

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

Draguignan Theatre: 04 94 50 59 59
www.theatresendracenie.com

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

September 2014

5 Sep Ramatuella, Eglise. Romanesca – concert 2 guitars. 21h00. €12. 04 98 12 64 00

6-7 Sep Le Val, centre ville. Foire à la Saucisse. All day. 06 99 30 16 83

6 Sep St Tropez, Cinéma La Renaissance. Concert – chamber orchestra. 18h30. €30. 08 92 68 48 28

7 Sep Lorgues, Château de Berne. Journée Italienne. 10h00-18h00. 04 94 60 46 60

12 Sep Grimaud, Chapelle Notre Dame de la Queste. Concert de l'Orchestre Régional de Cannes-PACA. 21h00. €20. 04 94 55 43 83

12 Sep St Raphaël, L'Eglise Notre Dame de la Paix. Les Violons de France – concert. 20h30. €28 and €22. 09 62 36 97 71

12 Sep Les Arcs, Café de la Tour. Quiz lunch – lunch 12h00, quiz 14h00. Contact peter.reed@orange.fr for details.

13-14 Sep St Aygulf, centre ville. Omelette géante.

14 Sep Vidauban, Eglise St Jean Baptiste. Europes Méditerrané – a capella singing and dance. 19h00. Free. 06 52 73 28 93

19-20 Sep Plan de la Tour, centre ville. Fête de la Vigne – Roman style wine festival. 04 94 55 20 50

19-21 Sep Many towns and villages. Les Journées Européennes de Patrimoine. Visits to buildings not normally open to the public, special exhibitions etc. Check with your Mairie.

20 Sep St Tropez, Cinéma La Renaissance. Concert – 2 mezzo sopranos. 18h30. €30. 08 92 68 48 28

20 Sep St Raphaël, Eglise Anglicane St John, ave Paul Doumer. Concert – Bread of Life. 18h00. Donations. 04 94 50 38 46

21 Sep Fréjus, cathédrale. Organ recital. 16h00. Free.

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

27 Sep-5 Oct St Tropez, Société Nautique. Les Voiles de St Tropez – regatta. 04 94 97 30 54

28 Sep Flayosc, Eglise St Laurent. A night at the opera – concert of opera arias. 16h00. €10. 06 65 11 67 09

Simplifying bureaucracy

The government is in the process of introducing 50 measures to reduce "red tape" and make life simpler. Many measures affect only businesses but some will also affect people's personal lives, and those in the area of health are either completed or nearing completion.

These include:

- Notifying the state of a person's death need only be done once, via the government website www.service-public.fr - which will then inform the 18 social welfare groups that need to be told.
- A database of medicines (cost, reimbursement, generics, dosage and uses) at www.medicaments.gouv.fr – in place.
- A site with details of local health facilities at www.scopesante.fr – in place.
- Publishing a guide to healthcare rights, at www.sante.gouv.fr – in place.
- Allowing patients to pay healthcare bills by bank card (due end of this year).

Did you know?

If you are making your own posters and flyers to advertise an event, they must be printed on coloured paper. Only the local authority and the government are allowed to use white paper.



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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

We have recently experienced an upturn in demand for Welfare assistance in varying forms, from how to obtain a passport, or how to replace a Carte Vitale, to serious lack of funds. However, it has been noticed that in some cases there is a lack of finance available on the part of the claimant due to a lack of forward planning or employment actively avoiding National Insurance or social payments in the past. This may be due to having worked 'on the black' for many years in the UK resulting in no National Insurance contributions and subsequently no, or reduced, pension. Equally it may be due to having worked overseas for many years in countries where there may be little or no tax, with the same result to the effect that no credit has been accumulated in the UK or France. In both of these cases, should an individual wish to claim help of any kind, the French authorities are unlikely to give assistance.

If, however, a person has been resident in the UK then the Department of Works and Pensions will quote an individual a sum to be paid in order to pay the National Insurance contributions to the maximum level in order to receive a full pension. It is clearly important for individuals to assist themselves and we would recommend that a NI top up is effected if possible where a reduced pension would otherwise have been paid. Working 'on the black' in France, whilst also illegal, is short-sighted as it also results in no benefits, or reduced benefits, being available.

The BAV will endeavour to assist all British individuals needing assistance but we are not a pensions provider and, whilst we have a healthy but modest bank balance, we do not have the monies available to give long term assistance as these monies would be rapidly eroded.

There are, however, other bodies that individuals can be referred to which assist British people and we do refer cases to these bodies and have received assistance from them in the past.

Please therefore think ahead and plan your retirement and health care appropriately. Most of us take the view that 'nothing untoward will happen to me' but regrettably serious medical situations often arise with no prior warning and it is at that time that you may need assistance either in the form of nursing, specialist accommodation or rehabilitation. In some cases the best recommendation, however unthinkable, can be for an individual to return to the UK where

assistance may be available and where family may be on hand in order to assist.

May you all have a long and peaceful time in the South of France.

Committee Members

Chairman - Rob Flanagan

chairman@baofthevar.com

Secretary - Michael Wharton

secretary@baofthevar.com

Treasurer - Lesley Honeywell

treasurer@baofthevar.com

Welfare Coordinator - Ann Mitchem

welfare@baofthevar.com

Events Secretary - Kevin Bell

events@baofthevar.com

Publicity -

publicity@baofthevar.com

webmaster@baofthevar.com

John Lloyd

John1@baofthevar.com

Important non-Committee Members

Membership Secretary - Peter Rowson

membership@baofthevar.com 04 94 *****

Newsletter Editor - Shirley Rowson

newsletter@baofthevar.com 04 94 *****

Eurostar – London to Marseille

Eurostar will confirm full details of the timetable and prices of its new London to Marseille service this autumn. A new direct service is planned to start around May next year, stopping at a few cities en-route – notably Lille and Lyon - but with no need to change train. Prices, tickets and journey times will be available towards the end of this year.

While passengers will be able to travel London to Marseille without stopping, on the return route it will be necessary to get off the train for a security check at Lille.

Coffee Morning and Books Tuesday 4 November

between 10h00 and 12h00 at the home of Geoff and Sandie Docherty. *****
83440 Montauroux. Donations welcome. Books and Christmas cards available. Please contact Sandie for directions: 04 94 *****.

*****amboise.com

MEMBERS' GROUPS

Happy Boules



The boules group meets every week on Mondays at central Var locations and has lunch at 12.00 followed by boules. Whilst not formally being a BAV event, the lunches are extremely friendly and informal, typically with 10-16 people and at modest prices of 14-16€ plus wine.

If you would like to join us or find out where we are meeting (announced at the beginning of the week) please contact chairman@baofthevar.com You will be assured of a friendly welcome and you may even want to try playing boules, spare boules are always available.

Rob Flanagan

The Azur Photography Group

The Photography Group will not be holding any meetings for July and August but plans to meet up again in September. However this does not mean our cameras will be dormant as there will be plenty of opportunities to record our various activities and interests for showing later.

For more details please contact Mike Harper
*****@yahoo.co.uk

Painting Group



Please contact Stella for details of the next painting day.

Stella 04 94 *****

Tous au Restaurant

This initiative is in its fifth year and will take place between 22 and 28 September 2014 all over France. The idea is to encourage people to try different restaurants, so between those dates certain restaurants offer a set meal which is served to two people for the price of one. It is very popular so do book early if you intend to benefit from this offer – bookings start on 17 September on the website:

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

You can find the participating restaurants on this link :

<http://tousaurestaurant.com/fr/listparticipant/1686s>

Christmas Cards

We are pleased to report that the BAV Christmas Cards will again be ready for purchase between the Vendange lunch and Christmas at events and most Neighbourhood Network meetings.

This year we have, unfortunately, not received any submissions from the various painting groups and so the two cards selected are from the Photographic group and are a snow scene of Claviers by Richard Alexander and a Christmas street scene in St Raphaël by Sandie Docherty. We do hope for your support in buying these cards which are again at the bargain price of 10€ for 10 cards, with all proceeds going to the Welfare fund.

Bargain basement

FOR SALE due to return to U.K.

Hyundai i10. 1.2 16v BVA Pack Color Confort with automatic gear box (i.e. top of the range). Purchased new November 2009, only 20,000 Kms. Full Service Record. Colour Blue. Excellent condition. €4000.

SEAT Altea. Stylance. 2 litre Turbo-Diesel with DSG automatic gearbox. Purchased new February 2005, 118,000 Kms. Full service record. Colour Light grey Condition average for age. Comfortable long distance drive. €2750.

Cars available to view. Contact Pogsons at: 04 94 ***** or *****@gmail.com
Reasonable offers accepted.



www.baofthevar.com

See the Latest News and Forthcoming Events on our BA website

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AUTHORS IN PROVENCE

Alphonse Karr 1808-1890



Alphonse Karr was born to a German father and a French mother and after graduating, he devoted himself to teaching. In the 30s he led a bohemian life of a young eccentric romantic, trying all literary genres: poetry, pastiches, theatre. He published satirical articles in the newspaper *Le Figaro*, of which he later became editor. An unhappy love affair inspired his first novel "*Sous les tilleuls*", which was highly acclaimed in 1832. In 1839 he founded his own newspaper "*Les guêpes*", which attracted the greatest artistic and political celebrities of the time.



In 1853 he withdrew from the world, with his wife and daughter, to become a botanist and gardener, settling in Nice.

The construction of the railway facilitated his move to the small fishing harbour of Saint-Raphaël in 1865 where the visits from his literary friends soon resulted in the village becoming a resort, as many also had villas built there. He himself bought and renovated a former soda factory on *Boulevard Raymond Poincaré* near the present Port Saint-Lucia, which became the villa "*Maison Close*", and created a horticultural business which started the cut flower trade. He died there in 1890. A pear, *pear Alphonse Karr*, and a bamboo, *Bambusa multiplex Alphonse Karr*, have been named in his memory.



His granddaughter, novelist Violette Bouyer-Karr, donated her grandfather's library to the town of Saint-Raphaël, reflecting his tastes and his many literary friendships

Desperate to Stop?
call Alcoholics Anonymous
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 08 20 20 02 57 aa-riviere.org

British TV in France

Thank you for the continuing feedback to the articles I have written regarding this subject. The Astra2E/2F satellite signals (BBC, ITV, Ch4 & 5 etc) have been very low with loss of reception on small dishes. These signals have recently increased and are now around the highest levels seen since February this year. There does not seem to be a pattern to this but some satellite enthusiasts think that it is due to the end of a sunspot cycle. The result is that you may now again be able to receive British TV on your satellite TV box. It is worth trying all the channels to see what works, making a note of the numbers. We are on the fringe of reception here so there will be fluctuations. How long this stronger signal will last is not known but hopefully will still be good when you read this.

Rob Ward

**British Association of the Var
 Welfare Coordinator**

Ann Mitchem

04 94 70 74 55 or 06 43 86 49 01

welfare@baofthevar.com

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 |

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

The *Iles de Lérins, Alpes Maritimes*

These two islands are situated across the bay from Cannes and there are regular ferry boats from many local ports, but the shortest sea journey is from Cannes. Unfortunately, due to commercial rivalry between boat companies, it is no longer possible to visit both islands in one trip as one company serves one island, and one the other.



Ile Sainte-Marguerite is the closest to Cannes and it extends over 170 hectares. Ownership of the island is divided between the town of Cannes - 10 hectares including the fort

and village; the State -160 hectares of natural areas (forest, pond, lawns, coastline); private owner - 1 hectare (*Grand Jardin*). The village, located near the jetty, is composed of *cabanons* and restaurants. Further along is *Fort Royal*, a historical monument a renovated by Vauban which has been a royal prison and army barracks but now houses a holiday centre for young people. There is also the Museum of the Sea housing objects found in sunken wrecks around the island. You can also visit the famous cell of the Man in the Iron Mask. An aquarium hosted by the Permanent Centre for Environmental Initiatives (EIPC) has wildlife and underwater flora of the Mediterranean.



A natural area of 160 hectares covers the rest of the island, crossed by many paths under the pines, oaks and eucalyptus trees. Traffic is regulated and cycle riding is forbidden. The Batéguier lake welcomes many migratory birds and an observatory has been built (binoculars recommended).



Ile Saint-Honorat is located south of the island of *Sainte-Marguerite* and is smaller. There are no cars and just one restaurant with a snack bar option also. The two islands are separated by a channel 600 metres wide which is a popular mooring area for yachts. The *Ile Saint-Honorat* is the property of the *Abbey de Lérins*, a monastic community which is situated in the midst of

vineyards and pine forests. Visits are allowed and tourists can enjoy the unique tranquil setting and see the chapels of Saint-Michel and Trinity.



The ancient fortified monastery is the only example of a monastery-tower in the West and protected the monks for over 6 centuries against pirate raids. The modern monastery comprises beautiful buildings and houses a community of thirty Cistercian monks who work the land and sell religious literature and traditional products in their shop, including their famous wine. They also offer retreats.

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 or www.bsnvar.org for further information.

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NATIONAL DATABASE OF ENGLISH SPEAKING BUSINESSES IN FRANCE

Andrew Buchanan, the local Royal British Legion representative, has written the following account and will be talking about his experience at the British Association event on 10 October, during a guided visit to the Royal Artillery Museum at Draguignan.

MOLLITER OSSA CUBENT
(May their bones rest gently)

By Andrew Buchanan

Being involved with the reburial of the remains of a soldier, nearly one hundred years after he was killed, was a reminder of the horrors of the First World War. The remains were discovered near Auchy, France. Careful excavation resulted in the recovery of two metal 'A&SH' shoulder titles and several personal and military items, which enabled the archaeologists to conclude that the soldier was serving with the 10th Battalion (about 800 men) of the Argyll and Sutherland Highlanders.

From the location where his remains were found, it is probable that he was killed on 25 September 1915 during the battle of Loos, the first significant engagement by soldiers of Kitchener's New Army of 100,000 volunteers, known as 'K1', who were contracted only for the duration of the war. The German positions to be attacked included the Hohenzollern Redoubt, a feature dominating the surrounding countryside and one of the most well defended structures created during the First World War. Capturing the Hohenzollern was a task allocated the volunteer soldiers, including the 10th Argylls.

The British troops were hampered by the British use of poison gas for the first time. Large clouds of gas were blown back towards the British troops as the wind changed direction. Support was inadequate and rain had turned the ground into heavy, chalky mud. This restricted movement, caused rifles to become unserviceable and the hand grenades, vital for clearing the German trenches, difficult to use. After only three days of fighting, the 10th Argylls had lost 45 killed, 328 wounded and 116 missing, believed killed in action. By the end of the battle little had been achieved and 6,000 Scottish soldiers were dead.

Ian Hay, (the pen-name of John Beith CBE MC) a respected author and 10th Argylls officer during the battle of Loos, refers to the battle in his book, 'The First Hundred Thousand'. Commenting on the events, he wrote, "When the final advance

comes, as come it must, and our victorious line sweeps forward, it will pass over two narrow, ill-constructed, shell-torn trenches. In and around those trenches will be found the earthly remains of men – Jocks and Jimmies, and Sandies and Andies – clad in the uniform of almost every Scottish regiment. That assemblage of mute, glorious witnesses marks the point reached, during the first few hours of the first day's fighting by the Scottish Division of K1. *Molliter ossa cubent.*"

When only a soldier's regiment is known, the representatives of the regiment are considered to be the soldier's family. As such, I was determined that the unknown Highlander would be honoured in accordance with Regimental tradition. The remains were buried in the Woburn Abbey Cemetery, Cunchy, during a service conducted by a British Army Chaplain. The local Royal British Legion standard was carried as was that of the local French 'Anciens Combattants', who told me that they held Scottish



soldiers in very high regard and of how pleased they were to have been able to participate in the ceremony. A British Army bugler played the Last Post and Reveille and a Pipe Major played the Regimental Lament and several other Regimental bagpipe tunes. As those who had attended the service were leaving the cemetery, I returned to the grave and watched the headstone of the unknown Argyll and Sutherland Highlander being moved into position, indicating the final resting place of one of the "mute, glorious witnesses". Reflecting on the ceremony, it seemed that, after almost 100 years, the Regimental family had, for this warrior, fulfilled Ian Hay's entreaty, '*Molliter ossa cubent*'.

| | | |
|--|---|--|
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Visit to Artillery Museum followed by lunch in Draguignan

10 October 2014 – 10h00 for optional museum visit, 12h30 for lunch

Museum

Musée de l'Artillerie, Quartier Bonaparte, Avenue de la Grande Armée, 83007 Draguignan.

Entrance free. Proof of identity required. We will see the new Marne exhibition then Andrew Buchanan from the Royal British Legion will give a talk – details elsewhere in this Newsletter.

Directions as for restaurant, but keep going past row of shops on left then turn right at traffic lights and follow Museum signs.

Lunch

Au Vieux Figuier, 214 avenue du Maréchal Juin, 83300 Draguignan.

Lunch comprises 3 courses at 15€ per person for members and €17 for guests, excluding wine and coffee. There will be a choice from the daily menu from a selection of 5 starters and 5 main courses.

Directions: From Trans En Provence continue over the 'dancers' roundabout to the next roundabout (Lidl and McDo are on the left). Cross this second roundabout towards Draguignan and the restaurant is on the left hand side. Parking is available just after the restaurant in front of shops.

Christmas cards will be available

Another scam!

If you receive an e-mail like the one below purporting to be from the French tax office, delete it and do not click on any of the links.

Chèr(e) client(e) :

Après les dernières calculs de vos impôts sur le revenu , nous avons déterminé que vous êtes admissible à recevoir un remboursement d'un montant de 317.45 € .

Nous vous invitons à consulter les démarches à suivre en cliquant sur le lien suivant :

<https://www.impots.gouv.fr/fiche-droits-2014/>

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France move may cut dementia risk

Moving to France and learning to speak French fluently may significantly stave off the onset of dementia and Alzheimer's Disease, according to researchers. In addition, changing your lifestyle to include more exercise and a Mediterranean diet could do more and reduce your risk of dementia by as much as 60%.

Currently, one in three over-65s will develop dementia and it is the fourth leading cause of death in France with 850,000 people affected and around 600 new cases every day. Reducing the risk of dementia by keeping your brain active through learning French and other new skills has obvious benefits, but delaying the start of dementia by five years could halve deaths from the condition.

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.

NEIGHBOURHOOD NETWORKS

Cabasse, Carces, Correns, Cotignac, and Le Val

After the summer break we shall meet again at the Cafe de Cour in Cotignac on the new monthly day, the third Friday in the month - in this case 19 September at 10.30am.

Michael Wharton
07 ***** @cam.ac.uk

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

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

Pauline and Jim North
04 94 ***** @wanadoo.fr

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

As is clearly evidenced, twelve of us (alas, not showing our photographer, Rosemary) met on a very hot morning in August. The new owners of the Bar des Cascades continue to make our group very welcome on the second Tuesday of each month.

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 *****

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

Diana Andre de la Porte
04 94 ***** @wanadoo.fr

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

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

You are very welcome to join us at
Le Pradon Maison de Retraite Callian.
We meet on the **1st and 3rd Sundays** of
the month at **11h00** for Family Communion
We also have a Bring and Share lunch
afterwards.
Please ring Hilary Rost at 04 94 47 70 67 or
Rev Peter Massey at 04 94 73 93 37 for details

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

Rev Keith Bretel
Holy Communion is held **every Sunday at
10h30**
followed by refreshments and a monthly lunch.
13 September – RSCM France service to
commemorate WWI, 17h30.
20 September – "Bread of Life" concert, 18h00.
21 September – Harvest Festival, 10h30 + lunch

Grimaud Village Church

Ecumenical service at Grimaud village church on
first Thursday of the month at 11h00 from
September to June.
Please ring 04 94 60 87 05 for details
www.sjevar.com

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

Saturday 10 September

All contributions to:

newsletter@baofthevar.com

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

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.

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

ARTILLERY MUSEUM AND/OR LUNCH €15 members, €17 non-members. 10 October 2014

**Venue: Musée de l'Artillerie, Quartier Bonaparte, Av de la Grande Armée, 83300 Draguignan. 10h00. Free
Au Vieux Figuier, 214 Av du Maréchal Juin, 83300 Draguignan. 12.30**

| Names of those attending | Museum Y/N | Lunch Y/N | Member Y/N | Value € |
|---------------------------------------|-----------------------|----------------------|-----------------------|--------------------|
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| Donation to BAV Welfare Fund | | | | |
| Total value of cheque enclosed | | | | |

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 30 September.**

British Association of the Var Reservation Slip

ASIAN BUFFET LUNCH AND TEN-PIN BOWLING AT FREJUS €18.90 members, €20.90 non-members. Lunch only: €12.90 members, €14.90 non-members. 19 November 2014

**Venues: New Asia Wok, corner of RN7 and Route de Bagnols, 83600 Fréjus. 12h00
and 'Bowling de l'Estere' Route de Bagnols 83600 Fréjus**

| Names of those attending | Bowling Y/N | Member Y/N | Value € |
|---------------------------------------|------------------------|-----------------------|--------------------|
| | | | |
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| | | | |
| Donation to BAV Welfare Fund | | | |
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To: Kevin Bell, *** 83570 COTIGNAC by 10 November**