

Club International du Quercy

Summer 2019



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Chateaux de la Loire

On June 4th, undeterred by the early start at 6.30am, 8 members enthusiastically settled in a mini-bus for a 4-day trip to visit the châteaux of the Loire.

Sarah Pegg, both organiser and driver, aided by Geoff Price as navigator (a vital role when both sat-navs failed!) sped us north to arrive by early afternoon at our first destination, Château de Rivau. This fairytale château and its 12 gardens were a delight with a giant vegetable plot, rose filled walks and a mixed fruit orchard in which a pair of 2 metre high wellies were firmly planted! The château offered more surprises with contemporary art mixed with historical artefacts to amuse both adults and children.

Over the following days we explored Château de Brézé with its unique underground tunnels cut out of tufa and Château de Montsoreau, renamed in 2015, Château de Montsoreau-Museum of Contemporary Art.

On the 3rd day we enjoyed one of the oldest and most northerly châteaux of the Loire, the beautiful Château du Lude, where we wandered through gardens that brought French design (rose gardens, topiaries and potager) together with English-style landscape: a château combining grandeur with the comforts of a family home.

Later we visited Château de Baugé, which from 1650-1991, was the site for the local hospital and apothecary. We based ourselves in Saumur and our final visit was to the chateau there.

Many thanks to Sarah Pegg who put together such a varied and fascinating trip and for booking excellent hotel accommodation and restaurants.



Gorgeous Gardens

It was a cold afternoon but the rain had stopped and the sky was well, almost, blue when Val Martin and John Massey opened their beautiful gardens to raise money for various French charities. Proceeds from the two gardens raised over 600€ with the main beneficiary being "A Chacun son Everest", a society which supports children in remission from cancer or leukaemia

If you'd like to make an appointment to see John Massey's garden and the roman villa site, please contact him direct johnvmassey@gmail.com. [Ctrl click to follow link]

The tour is free but a voluntary charity donation would be appreciated.



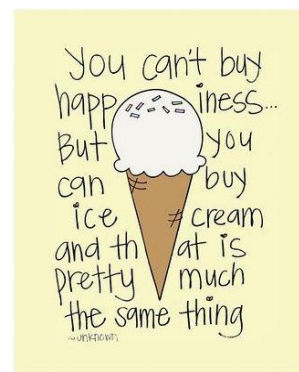
Plant Exchange at the Club 27th April, Organised by **Ann Golesworthy** and **Rosemary Keeley**.
In spite of the weather, there was a good choice of plants and business was brisk.



Coping with the heat

During extreme heat, whether it's one hot day or a heat wave:

- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Spend as much time as possible in cool or air-conditioned buildings
- Block out the sun at home during the day by closing curtains and blinds.
- Open the windows when there is a cool breeze.
- Stay out of the sun during the hottest part of the day. If you do have to go outside, wear a hat and sunscreen and seek shade.
- Cancel or postpone outings. If you absolutely must go out, stay in the shade and take plenty of water with you.
- Wear light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.
- Eat smaller meals more often and cold meals such as salads.
- Make sure food that needs refrigeration is properly stored.
- Avoid heavy activity like sport, renovating and gardening.



Welcome to our New Members

Van DAALEN, Saskia, Dutch
BUTCHER, Lisa, British
COYLE, Brian, British
CAUMAN, Annie, French
COSTELLOE, Sara, British
GARDNER, Ann, British
ISROFF, Elizabeth, American
ISROFF, Jeff, American
MAXWELL, Sarah, British
REAY, Teresa, British
ROBERTS, Patricia, British
WALTER, Barbara, British

A perfect summer day is when the sun is shining, a breeze is blowing, the birds are singing, and the lawn mower is broken—*James Dent*

Need ideas to keep visitors happy?

Just have a look at our own website. In the 'Our Activities' section you will find 'USEFUL LINKS' where there's a super comprehensive list of links to tourist offices and places of interest in the area. So much to see and do, but will visitors want to stay even longer...

Making the most of your membership

With such a vast range of interesting activities at the Club, it's not easy to choose but, the good news is, you're free to try as many, or as few as you like. First step, go to the member's area on our website <https://www.clubintquercy.com> (you'll need the password) then consult 'Activités - Qui, Quand, Ou' where you'll see names and contact details of the regular activity organisers + the Planning Hebdomadaire or weekly planning document. Once you've decided what interests you, either email the organiser, requesting information or just go along to the class. Ad hoc activities are notified by email - e.g. pottery or art classes. Here you'd be asked to sign up in advance and will be given specific instructions about the materials you'd need. For any trips, meals, walks etc organised by the Club, there'll be advance notification by email, giving all booking information. The website has all these details too and of course, committee members are always on hand at the Café du Samedi (Saturday morning 10 - 12noon) to answer any questions. Don't hesitate to ask.

Mini Golf 15th May

It was a gorgeous day for the Mini-Golf Masters at Le Stelsia. Water hazards, sand pits, bushes, tunnels and landscaping were no problem for this group. All rules were carefully ignored.

Here's Ann Golesworthy taking aim while Shirley Sears-Black looks on. Score Keeper – Betty Lillywho won! (*now how did that happen?*)



Easter apero at the Club 20th April

A sunny Spring day made even brighter with a bit of bubbly.



Fête du Pain

Did you know there's a patron saint of bakers? There is, and each year, across France, around May 16th, the Confédération Nationale de la Boulangerie- Pâtisserie Française, organises La Fête du Pain to celebrate the feast day of Saint-Honoré.

Many local villages no longer have their own baker but may still have a communal wood fired oven, which can be fired up to cook bread and croissants. Sadly, this annual event may be the only time it's used.

The importance of bread in everyday French life is recognised in well-known sayings. For instance, you might describe a long, boring day as one with no bread, or you could say someone is good like good bread, meaning that person has a heart of gold.

Bread is a vital part of French life and nothing says 'French' like the iconic baguette, recognisable around the world.

Auberge Espagnole 18th May

This 'bring and share' lunch was a truly international affair enjoyed by 28 members representing France, UK, Belgium, Australia, America and Latvia. The atmosphere and choice of appetising dishes made it a special occasion, and one, which received a unanimous 'thumbs up' from those present. So much so that they want to do it again soon!



Choral Concert 14th May - Swansong for La Joie du Chant

The Club has been incredibly lucky that someone as gifted as Jenny Grimshaw used her talents to create and lead our choir. For this final concert held in Tournon's atmospheric Salle des Fêtes, Jenny organised a joint performance with Tera, a French choir.

La Joie du Chant's short programme covered a variety of genres from traditional folk to show tunes to classic pop. Tera presented 6 songs a capella in contrasting styles from an African chant to 60s pop music. Some of Jenny's young students sang solos then Jenny and 3 members of Tera performed their electrifying version of Delibes Flower Duet.

The evening ended with both choirs singing 'Ensemble', a 3-part canon in French. A fitting finale.



Quercycorum

If you'll miss the Club choir but would still love to sing, there is another choir in Montaignu, **Quercycorum**, and, though not part of the Club, they rehearse in the Club room every Wednesday evening. Quercycorum sings in many languages and has an eclectic repertoire ranging from madrigals to modern music, and is always keen to welcome new voices, both male and female. There's no scary audition and no need for prior musical knowledge or a superb voice; just a desire to sing and be part of a beautiful sound.

If you'd like to know more, do join them on Wednesday evening at 8pm.



Fête de la St Jean

On 24th June, the Fête de la Saint Jean is celebrated throughout France. Until the 5th century, this was a pagan ceremony celebrating the harvest. France's Catholic church then adopted the date to observe the summer solstice and date of birth of St John the Baptist. And so it became a festival of light with fire a central and symbolic part. Many myths grew up around the flames and dying embers - for example, if you jump over the ashes, your love affair will continue for another year; a

single person seeking a soul mate, simply has to run 9 times round the bonfire and they'll find the 'one'; and anyone seeking prosperity, should throw a coin into the fire then retrieve it once the blaze dies down.

Many villages have their own traditions but what each Fête has in common is a warm welcome with ample food and wine enjoyed as the sun goes down. Then it's music and dancing into the wee small hours with, of course, a BIG bonfire and fireworks at nightfall. It's a wonderful occasion (when the weather behaves).

Trem Plein d'Espoir

25th May, the official opening of this charity shop in Montaigu de Quercy, attracted quite a crowd of volunteers, half of whom were Club members. Corinne, the manageress, Mathieu Albugues, Conseiller Départemental and Jean Lavabre, deputy mayor all gave speeches underlining the value of this enterprise to the poorer members of the local community. Following the speeches, everyone gathered outside in the sun for the vin d'amitié.

P.S. Quality donations are always appreciated as are volunteers who'll be welcomed with open arms!



Club Committee

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