Recipe of the Month

Mince Pies

Mincemeat
Ingredients:
1 lb (450 g) mixed currants, sultanas and raisins, chopped finely
4 oz (125 g) grated orange or mandarin zest
4 oz (125 g) chopped dried apricots
4 oz (125 g) chopped crystallised ginger
2 oz (50 g) mixed peel
4 oz (125 g) brown sugar
1 small apple, roughly grated
½ teaspoon mixed spice
½ teaspoon grated nutmeg
3 fl oz (75 ml) brandy

Method:
1. Mix all the above ingredients together in a large bowl. Cover and leave to stand for 48 hours to a week. Stir the mixture thoroughly every day. It can be kept at room temperature, or in the refrigerator. Keep for 1 month.

Mince Pies
Ingredients:
8 oz (225 g) plain white flour
pinch of salt
2 tablespoons sugar
2 oz (50 g) butter or margarine

Method:
1. Sift the flour and salt into a large bowl, and add the butter. Cut into little pieces then rub in with your fingertips until the mixture resembles fine breadcrumbs.
2. Stir in the sugar, then add enough cold water to make a smooth dough.
3. On a floured surface roll out the dough to a 3 mm (¼ inch) thickness and stamp out an equal number of big circles and little circles.
4. Put the large circles into greased baking tins, and add a spoonful of mincemeat. Dampen the edges of the pastry and pat on the smaller circle as the lid. Make two slits in each lid.
5. Bake in the oven at 190°C (375°F) for 20 minutes. Leave for 5 minutes, then transfer to a wire rack to cool. Sprinkle with icing sugar and serve warm.
Christmas Shopping in St Brieuc

St Brieuc, the capital of Côtes d’Armor, is not traditionally regarded as a tourist centre, and perhaps this contributes to making the shops in the city centre particularly interesting. The city is big enough to have branches of many major chains, such as the Body Shop, and small enough for a day spent wandering around the centre to still be an enjoyable experience.

The Body Shop
35 Rue St Guenole
Tel: 02 96 31 20 46

Quality items for the home at affordable prices, including crockery, cushions, things for the kitchen and furniture.

Satsure 22
22 Rue de la Croix
Tel: 02 96 31 27 46

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CBJ Christmas Special

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Modern Christmas p. 21
The Birth of Jesus p. 22

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Welcome to this special Christmas edition of the Journal, which, amongst other things, includes details about how to make a candle, information about Christmas shopping, a children’s Christmas section, a section on tree planting at Christmas time, and a recipe for mince pies.

In a recent audit of the Journal’s sales figures we found that not only had the overall circulation increased by seventy-five percent over the past year, but that sales in our original markets in the Calais/Carthas/Reintzen area were continuing to increase at a rate of 20 per cent per year – which provides a clear sign that the English-speaking community in Central Brittany is still growing. The local media is very concerned about the forthcoming French presidential election and its potential consequences for jobs and businesses: the view around the world is that, no matter who wins, restrictions on competition will have to be relaxed and that the government will have to make it easier for EU citizens from other countries to come and live and work in France. Taking all these factors together, it seems that the main area of growth in the Central Brittany economy over the next few years will be related to the English-speaking community, and, consequently, that this is an area upon which businesses need to focus. To aid this process, if anyone encounters local businesses or government agencies that are particularly helpful, why not let us know, and we will try to feature them in future issues of the Journal. Wishing all our readers all the best for Christmas and a New Year. GL.

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GOURIN 15 bis rue du Sperse Tel 02 96 22 27 78 (Closed Sundays)
CARHAIX ZA de Pont Harbot (linked McDonalds) Tel 02 96 22 08 93 (Closed Sundays and Bank holiday)

Above: Pontrioux has encouraged rural people to set up shops in the town centre, giving the town a more cosmopolitan atmosphere than other towns of the same size in Brittany.

Right: One of Pontrioux’s oldest buildings, La Tour Brûlé, now houses the Tourism Information Office. At one time it was the headquarters of the port authorities, and its name is probably ancient.

Reference to the fact that it was used to monitor the traffic on the River Rance. The centre of the town has escaped redevelopment and some buildings still predominate.

Below: Many houses backing onto the river have their own terraces.
**Christmas Toys**

Tortrenn is a traditional toy shop on the high street in Carcassonne, close to the Musée de la Poupée. It stocks a comprehensive range of wooden toys and games, which will appeal to people of all ages.

The classic teddy bear pictured on the right is part of the special range of toys modelled by Le Comptoir de Compagnie in Carcassonne.

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**Left top: the handle and legs of a wooden horse.**

**Above: traditional games in wooden boxes.**

**Below: an assortment of unusual toys modelled by Le Comptoir de Compagnie in Carcassonne.**

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It is a common complaint that Christmas has become over-commercialised and that children are only interested in the latest, and most expensive, toys available—which they invariably discard the day after Christmas. If one looks hard enough, however, it is still possible to find examples of the traditional toys that have a proven ability to provide children with years of pleasure.

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Above right: Wooden doll, Tortrenn, Carcassonne

Above left: Hungarian wooden Father Christmas, Poupette, Carcassonne

Left: Traditional Hungarian cloth doll from Poupette, the Hungarian shop at the lower end of Carcassonne high street
Teashop review: Le Pontieux

**English Tea Room**

This tearoom is close to the Mairie in the pretty little town of Pontieux. As well as serving Sunday breakfasts and evening meals, the owner, Gary Pepworth, also provides a large selection of speciality teas, home-baked cakes, and light snacks.

Seven tables fill the large rectangular tearoom, and the day's cakes are displayed in the centre of the room. Flapjacks and fruit scones are always on sale, and visitors may also find chocolate sponge cake, Chelsea buns, jam tarts, and shortbread.

We enjoyed a plate of American teabread, a crunchy oat chocolate slice and scones, and the free pots of butter and jam and jelly were most appreciated.

Tea and coffee came attractively served and the large windows exposed beams, and dresser filled with toys, created a cozy atmosphere.

Address: 'Cité de la Briocherie' Tel: 02 96 93 32 21 Opening hours: Thurs - Sat 12 - 4 Tues - Sat 12 - 4

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First Prize Painting

Conratulations to local artist and CBJ reader Ann Hordon Ray who won first prize at the recent art expo at Carhaix with this watercolour of an Eocene barge, entitled Le Chalutier. Two more of Ann's paintings are being offered for sale in this issue of the Journal, see page 49.

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The Cat's Whiskers

Linda and Geoff Bamford are now open for business at their new cellar in Duffet, near Callac. Linda and Geoff moved to Brittany just over a year ago, to take over the Pennanheuken Kennels in Kergriff, but the purchase fell through. Happily, they have managed to find alternative premises and their business plan is now back on track.

They are able to accommodate up to 5 cars from the start of December and a facility to look after dogs will be added shortly. More info tel: 02 99 21 56 68

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Soirée Françaises in Carhaix

The first Soirée Française in Carhaix was a great success, attracting almost 50 people. The next meeting will take place on Friday 8th December, starting at 8pm, at the same venue, the Novo Val Hotel, in the centre of the town.

For more information contact George Turnbull 02 98 99 48 90, gturnbull@gazetted.fm

BMW and Mercedes Garage

Dominic Lescure of Dominique Autos 56 in Pontivy has contacted the CBJ, asking us if we could let our readers know about the specialist service that he offers to the owners of quality cars. He is an expert in the repair and maintenance of cars such as BMWs and Mercedes, and is often able to repair vehicles with spare parts recovered from other cars. A visit to his garage in the Industrial estate Pontivy Sud is a must for anyone owning a high-performance or quality make of car. Turn right over the river after McDonald's and follow the signs to car Lescure and Dominique Autos 56. Tel. 02 97 25 72 60

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Wine Merchant

Jean-Marie Bucher, another Pontivy businessman, has also contacted the CBJ this month. He is the proprietor of Pondi Cave, a wine merchant situated opposite the Lycée J. Lhut, just off the high street. Before starting the business Jean-Marie spent several years working as a chef in hotels and restaurants in the North of England and is

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*Quote of the Month*

“We all came from the same country, and we landed in the same place. But the winds of the world touched us, and we scattered in different directions.”

Kabir (1389-1358)
Letters

Double Cream
I read, in the November edition, Jackie Bristow's request for ideas for a substitute for double cream. To decorate trifles etc. or to serve with puddings she might like to try Delia Smith's recipe for "Mascarpone cream" as follows - 4 rounded tablespoons mascarpone cheese 2 glasses cream and lemon juice, you can obtain a reasonable substitute. I have used this many times, in quantities, cheese cakes etc. to good effect.

Hope Jackie (and other readers) find this of some use. Jan Keys

In your November edition you asked about a substitute for cream. Veronica Darzaea, makes cream, fresh milk, and cheeses, produced on her own farm, on the market in Chartes, close to Poitier. david@valid poitou-charentes.fr

Broton Courses, in English
I am writing as Head of the Language Centre at Rennes 2 University (Rennes2/Hauts-Emagazine). For many years, Rennes University has run a summer "crash course" in Breton (the "Dieluarn"), catering for Breton learners or speakers of all levels. We have now realized that there may be English speakers living in the region who could be interested in learning something about the language and culture (or wanting to actually acquire some basic language skills), and who may not have enough French to be able to follow a course taught in that language. We are therefore contemplating offering a new 24-day course, taught entirely in English for English speakers, which could take place somewhere in Central Brittany (location still to be decided) in the Spring of next year. We would like to know whether there might be a demand for such an "introductory course" and would be grateful for any comments or feedback from readers.

Yours sincerely,
Daniel TOUICI
Centre des langues Universite Rennes 2
daniel.touici@univ-rennes.fr
Education
I read with interest your article on Education in this month’s Essex relating to students from the UK coming to live and continue their education in France.

Because we have also "been there," I thought it might be useful and helpful to know how we coped with these changes. We have two daughters, the eldest started at primary in the UK and continued in primary in France before going onto secondary and her BAC, all within the French educational system. After her BAC she had the choice of university in France or the UK. She opted for the UK for her degree and has gone on to teach UK students French at secondary level in the UK.

The younger one started at pre-school in France and continued in primary and secondary, again all with the French system of education. At aged 14, we returned to the UK on my retirement and she transferred to the UK system for the first time, which on reflection was a great mistake. At first she was pleased to get out of the system here, but now agrees with us that she would have been far happier and would have got better qualifications if she had not changed. She found that the subjects were no different and the UK students did not consider her as an equal peer, almost a foreigner.

Having seen both types of education, although some areas might have changed now, the emphasis with the French was on academic ability whereas in the UK there seemed to be more balance between learning and activities. The French, we feel, made students more competitive and somewhat more self-centred, whereas the UK system provided for much more peer support in and out of school and in France this was provided within the family.

Both our girls have always had good French accents, perhaps because they started at a young age in this country and their French friends always thought that they were indeed French. But, I hope, had much support from us as their parents and I always remember at the end of term when they were assessed for the next year that had we given the same degree of assessment as they were, always in French with no "holds barred!" To my mind, to comply in the French educational system the student quality needs to be above average and to start in the system from an early age as they have to cope with many different pressures including language and culture. Parents do really need some French language ability and be able to integrate into their local French social structure. This might all sound controversial, but it is based on real experience.

We have both been here. Yours sincerely, DJ Ray, Mail-Cardinac.
At the beginning of the sixth century a boy was born in south Wales, who was given the name of Malo. His parents were rich and powerful and, at the age of twelve, they sent their son to the school of Llanerchaer. Here he studied the works of sages and philosophers, and he also spent time in the company of the wise men who resided in the college.

After several years at Llanerchaer, Malo’s parents sent him to come and take his place as the eldest son, but Malo refused. He explained to them that he wished to follow the example of his masters, and spend his life in contemplation and helping others, and, moved by his sincerity, his mother and father gave him their blessing.

Many of Malo’s schoolfriends had already embarked for Brittany, and soon he too set sail, and landed on the little island, where the city of St. Malo stands today. In those times, it was home to an old hermit called Aaron, and he gave Malo a warm welcome. After some days spent in his company, Malo crossed to the mainland, and soon came to the city of Aleth, on the mouth of the river Rance.

Here he began speaking to the inhabitants, and his kindness and wisdom, combined with his gift for healing, made a great impression on the people he met.

Before long, he had become the most influential man in the region, and King Hoel II appointed him as one of his chief counsellors.

However, there were people in the city of Aleth who objected to the influence that this newcomer had gained over their countrymen, and they began to do all they could to thwart him.

One day they stole away the man who baked the bread for Malo and his companions, and, binding him hand and foot, left him a long way down the seashore, to be drowned by the incoming tide. The poor man prepared himself for death, but to his wonder, the water rose up around him, and left a space like the opening of a well above his head. When St. Malo finally found him, the tide had receded, and the baker explained to him all that had taken place.

In spite of this failure, Malo’s enemies continued to harass him, and to spread false rumours amongst the people. Before long, they had turned almost everyone against him, and, growing weary of the continual persecution, Malo decided to leave the city for a time. He set sail for the port of La Rochelle, and, once landed, joined the old sage, St. Leonc, in his home in the town of Saints. St. Leonc wished to keep his visitor with him, but Malo asked to be given some quiet place to which he could retire, for he had already attained a great age.

St. Leonc gave him a hermitage close to the village of Brie, and Malo began to spend his days there very happily.

Meanwhile, the town of Aleth, deprived of the benevolent influence that had governed it for so long, began to fall into difficulties. The harvest failed due to a terrible drought, and plague carried off hundreds of the inhabitants.

"Why did we chase away our beloved St. Malo, who was like a father to us?" the people asked each other. "We must send envoys to him, and entreat him to return."

An assembly was called, and messengers were dispatched to Malo’s hermitage. When the old man learnt what had befallen the city, he agreed to return for a little while, and, bidding farewell to his friend, St. Leonc, he set off in the company of the envoys.

As he approached the city of Aleth, the trees came into leaf, and flowers appeared in the fields and on the verges. The plague disappeared, and ships loaded with corn and other food sailed into the ports, bringing an end to the famine.

Learning that their benefactor was approaching, the people of Aleth poured out of the town and hurried to welcome him. St. Malo forgave them all, and he re-entered the city on a cart drawn by two bullocks, amidst the rejoicing inhabitants. Once again he began travelling about the region, speaking to people, and doing whatever he could to help them, but he had not come back to settle down. After a while he returned to Saints and, in the company of a few young people who had accompanied him from Brittany, he built a new hermitage near the village of Archembry, where he lived until his death at the age of a hundred and ten, or, as some reports maintain, a hundred and thirty years old.
Eco-Shopping: Use a Basket!

Environmentalists are trying to draw our attention to the problem of plastics in the world’s oceans. Packaging, and in particular plastic carrier bags, are considered to be one of the main culprits.

The solution is simple: use a traditional basket for your shopping. Baskets such as those produced by Michel Le Guichet are made from locally-produced, sustainable materials; they do not involve the exploitation of labour in the third world, and have not been transported halfway across the globe, meaning that they genuinely are an eco-friendly product.

At an average cost of thirty or forty euros they fall within the price range of a special present for a loved one, and are good value for money in that they will last for years, can be repaired, and are a pleasure to use.

Baskets represent a technology that has been developed over thousands of years, and it is therefore not surprising that they are so ideally suited to the task that they are designed to perform: they are easy to carry, comfortable to hold, and provide ideal protection for the goods they contain.

L’Oseraie

Above right: Michel Le Guichet is one of Central Brittany’s best-known basket makers. He spent many family holidays visiting gardens in the south-west of England and welcomed English-speaking customers to his workshop, which is not far from Callac.

Above, top: Michel named his business after the willows that he uses in his baskets.

Above: Baskets can be made in all shapes and sizes and serve a multitude of uses, including crafts for skills.

Right: The Oseraie is in an idyllic setting.

Right: Michel grows, prunes and sells bundles of willow rods to other basket makers in the region. He also runs occasional courses in the Spring for people who want to learn how to make their own baskets.

Below: baskets hanging from the rafters.
Candle Making

Candle-making is a very old and versatile craft, which can be done in many different ways, but the simplest and most classic technique is to dip them. This is a craft that the beginner should find easy to pick up, and produce results not too inferior to those of an expert. Paraffin wax can be bought from a pharmacy, and special dye and wick from a good art shop. Here are instructions for regular dipped candles.

You will need:
- 2 plastic bottles
- wire
- a large pan
- approx. 15 blocks paraffin wax (bloks de paraffine)
- dye (frottoir pour cire)
- wick (fil de coton pour bougie)

- Cut the tops off the two plastic bottles, fill one with water, and set aside. Take the other and wire it securely inside a large pan, so that it can’t move. Fill the pan about one third full of water, and heat it up.
- Chop the wax into chunks and gradually add to the plastic bottle, putting in a little more whenever the wax has started to melt. Continue this process until the bottle is pretty much full of melted wax - this can take a while, and the wax can be stirred around to hasten the process, with a long stirrer such as a chopstick. The water in the pan shouldn’t be hot to boil too fiercely, but remain on a gentle simmer throughout.
- Now is the time to add the dye - yellow makes very attractive, authentico-looking candles. The colour can be tested by spooning a little onto a plate and letting it cool.
- When the wax is fully melted, cut yourself a 50 cm length of wick, turn off the heat and dip it into the wax. Quickly draw out the wick and dip it into the water which you set aside earlier. Draw out the wick, which will be hot, and straighten with your hands.
- Keep dipping the wick alternatively into the wax and water. At first the wick will keep on kinking, but make sure to straighten it each time, until it becomes brittle.
- When the candle has reached the desired thickness, carefully lay it aside and dip another, following the same process. After a while the wax in the bottle will start to cool, and the water should be heated up again - dipping can continue throughout.

To make a rolled candle, roll out the candle immediately after melting it, on a smooth surface. You can then roll the flattened candles into a candle shape.

A Modern Christmas

Christmas is regarded as a special time of year by almost everyone, irrespective of their religious or cultural background. There is a feeling that, on this one day, it ought to be possible for us all to be able to get on with each other, and for everyone to have a good time.

The origins of this belief go back a long way - long before the Christian era. The Winter Solstice has always been celebrated in Northern climes, and has, for millennia, provided people with an opportunity to cheer themselves up at a time of the year when the days are at their shortest and everything in Nature is at its most dormant.

It is a time of year that has also long been associated with giving and receiving; those who have had a good year, traditionally take the Christmas season as an opportunity to give some of their surplus to the poor and the needy, just when it is most needed.

The association between Christmas and children's toys is also a very long-standing tradition. In the summertime, the children spend much time out of doors, too busy to be worried about toys, but in the winter, long evenings spent round the fire gave people the opportunity to make small items to amuse and entertain their children.

When the new religion of Christianity found its way to the colder countries in the north of Europe, people naturally enough looked for some aspect of this new set of beliefs that would allow them to continue to celebrate a special day in the middle of winter, and they readily adopted the customs of celebrating the birth of Jesus himself, and marking the celebration by giving each other simple gifts and making the day as wonderful as possible for children.

While the Church was strong it continued to determine how the Christmas festival was celebrated and, for many centuries, priests and religious leaders were able to ensure that the festival was almost completely Christian in its character.

As the influence of Christianity has diminished, people have re-introduced non-religious customs into the celebration of Christmas: Christmas trees, Christmas lights, Christmas puddings, Christmas cakes, etc. In essence, this is perfectly in keeping with the age-old tradition of Christmas being a time of year when people take a break from what they are doing, and enjoy themselves. However, for many people the theory of Christmas being an especially enjoyable time of the year is not matched by their practical experiences: doctors and health workers have been saying for years that the way we celebrate Christmas has become a serious threat to our health; it is
The Birth of Jesus

About two thousand years ago, when the lands about the Mediterranean Sea were governed by the powerful men of Rome, there lived a man called Joseph and a young woman called Mary. They were expecting the birth of their first child and their hearts grew more and more joyful as the day on which he was to be born drew closer.

When Mary was within a few weeks of bringing the child into the world, they received orders to travel to a town called Bethlehem. Everyone was being summoned to pay a tax to the Emperor of Rome, and even though Bethlehem was many miles away, the young couple set out on their journey.

When they came to Bethlehem it was full of people, and there was nowhere for them to stay. They decided to spend the night in a stable, and it was there, among the beasts and the straw that Mary gave birth to a son. She had no cradle to place him in, so she wrapped him in swaddling clothes, and laid him in one of the mangers, from which the animals fed. The air was filled with calf, and Mary and Joseph gazed at the face of the little sleeping child.

Meanwhile, on the hills outside Bethlehem, a group of shepherds were keeping watch over their sheep. It was dark, and only a few stars twinkled in the sky. Suddenly, a light fell upon them, and a glorious being spoke to them in gentle tones.

"Do not be afraid," it said, "I bring you tidings of great joy. One has been born today who will gladden the hearts of the people. You will find him in Bethlehem, wrapped in swaddling clothes and lying in a manger."

As these words were spoken the skies were filled with rejoicing, and songs of praise were sung, blessing the Almighty, and wishing peace to all the people of the earth.

With eyes full of the brightness they had seen, and ears full of the sweet voices they had heard, the shepherds arose, and walked along the silent roads to Bethlehem. Their feet guided them to the stable, and they knelt down beside the manger, and told Mary and Joseph what they had seen.

Mary listened to their words, and although she could not understand them, her heart was glad.

The shepherds told everyone they met about the baby lying in the manger, and returned to their homes, singing and talking together.

The baby was called Jesus, and twelve days after he was born, three wise men arrived from the East to pay him homage. Mary and Joseph watched in wonder as the richly-clad strangers knelt before their little child and offered him gifts which they had carried with them for many hundreds of miles. In their own land they had beheld a star, shining in the West, and they had followed it until it came to a halt, above the place where Mary and Joseph were staying.

All these, and many more, wonders were seen at the birth of the little child, and Mary and Joseph kept them in their hearts, and as Jesus grew in beauty and wisdom, their love for him increased.
people run up so much debt on presents and trying to enjoy themselves, that it still hasn’t been paid off by the time that Christmas comes round the following year: which is not what anyone thinks Christmas is meant to be about, no matter what their beliefs.

At the heart of the problem, is the very question of enjoyment, somewhere in our past there arose a belief that there is something inherently wrong about enjoying oneself. In this way of thinking, virtuous people do not enjoy themselves, but receive their rewards later, in heaven; enjoying oneself is therefore something that only bad people do, and, of course, they have to be prepared to suffer unpleasant consequences for their bad behaviour. This might sound ridiculous, but it is actually this peculiar philosophy that allows people to imagine that eating so much that one gets indigestion is still a form of enjoying oneself or that drinking so much that it leads to a hangover is equivalent to having a good time.

In other cultures and in earlier European history, there was a more subtle approach to the question of enjoyment. In the first place, enjoyment was not seen as something that was wrong, rather it was used as a guide as to what was right: thus if doing something made you feel ill, then it was, if possible, avoided; if something left you with a sense of wellbeing, then it was, if possible, repeated - only in so far as it continued to be enjoyable. If we today were able to take these simple principles to heart then overeating, overdrinking and overspending would soon cease to be associated with our celebration of Christmas.

Commercial enterprises are often blamed for having corrupted the original spirit of Christmas, but another way of looking at it would be to say that commerce is actually doing an incredibly good job in providing us with products and produce from all around the world at Christmas time. If we keep in mind that the original spirit of Christmas was simply to have an enjoyable day in the middle of winter, then it should not be too difficult to resist being thrown off course by a little advertising and a few trinkets in the shops!

Once upon a time my grandmother’s grandmother’s grandmother had a son. One evening when dusk was falling, she sent him to the village, and to get there he had to walk through a wood in which there were often wolves. Before leaving, she said: “As there are wolves in the wood I will bring my biniou; if the wolves come to eat me, I will play them a tune before I die.”

When the boy entered the wood he heard the wolves, which had smelt him, and he looked round for a tree to climb. However, the trees were all small, and their trunks little more than the width of a man’s arm. The boy managed to scramble up the biggest of them, keeping tight hold of his biniou.

Hardly had he reached the top of the tree when a pack of about twenty wolves surrounded it, barking and sniffing at the trunk. They started to scratch at the earth with their feet and soon they had uncovered the roots; the little boy began to think the tree would fall down and he said: “At least before I am eaten!”

He put the instrument to his lips, but as soon as the wolves heard the unfamiliar sound they took fright and ran off as if a pack of hounds was after them.

Delighted by his escape, the boy climbed down from the tree and continued down the road to the village; to keep off the wolves he played his biniou all along the way, and he reached home safely.

This little story was collected by Paul Schill in 1880, and was told to him by Bartholomé Delassalle, (aged 13) who had learnt it from his grandmother.
Word Search

Countries of the World: ASIA

A E K C S R Y Z H I D A A F G H H A
S M Y H O B U N A T S I K I J A T I P
H E R I I P T Z A K N H B S I W N R L C
S Y T N S A A I S Y A L A M E A A 0 O I A
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F. A. Q. 27

Q: I've heard that there's a new version of Internet Explorer. Is this correct and should I install it?

A: Indeed there is a new version of Microsoft's dominant browser. The previous one, I.E.6, has been around for some years, is showing its age and has proven to be increasingly insecure. The newer offering, imaginatively called 'Internet Explorer', has been available for several weeks, as a download from Microsoft's web site. The Corporation has now designated this new version a "critical update". This means that if you use the automatic update feature of Windows XP you'll get it whether you want it or not.

In fact, everyone who uses Windows XP should install I.E.7. The browser has been an integral part of the operating system since Windows XP, so it's hard to imagine any user with a PC can escape this update. Anyone who uses a dial-up connection should try to get both of them on at the same time.

That's all you need to do. If you have installed Service Pack 3, these updates will be handled automatically. Anyone who uses a dial-up connection should try to get both of them on at the same time. It's important to make sure your patch is up-to-date.

FAQs:

Any question? griwarrior@conrador.fr
or have a meeting with us at the CBS 02 96 21 52 21

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GriWarrior: FAQ 27 27

Q: What's the best way to install a new browser?

A: The best way to install a new browser is to follow the instructions provided by the manufacturer. Typically, you will need to download the browser from their website and then run the installer. If you are unsure how to do this, you can ask a friend or consult the online documentation.

Q: How do I keep my browser up-to-date?

A: To keep your browser up-to-date, you should regularly check for and install any available updates. This can usually be done through the browser's built-in update feature. Keeping your browser up-to-date can help you avoid potential security vulnerabilities and ensure that you have access to the latest features and improvements.

Q: How can I make my browser faster?

A: To make your browser faster, you can try disabling any unnecessary add-ons or extensions. You can also consider clearing your browser's cache and cookies regularly. Additionally, you may want to consider using a browser with a lower memory footprint, such as Firefox or Opera.

Q: Is there a way to protect myself from browser-based threats?

A: To protect yourself from browser-based threats, you should regularly update your browser and any installed software. You should also be cautious when clicking on links or downloading files, as these can potentially contain malicious code. Using a reputable antivirus program can also help protect your computer from browser-based threats.

Q: What should I do if I suspect that my browser has been compromised?

A: If you suspect that your browser has been compromised, you should immediately change your passwords and log out of your accounts. You should also check for any suspicious activity on your computer and consider running a full system scan with a reputable antivirus program. If you suspect that your computer has been compromised, you should consider seeking help from a professional or trusted friend.

Q: How can I improve my browsing experience?

A: To improve your browsing experience, you can try customizing your browser's settings to suit your preferences. You can also consider using a browser with a lower memory footprint, such as Firefox or Opera. Additionally, you can try using a browser that is designed for privacy, such as Tor or Brave.
Mr. Biznuz
Merry Christmas
& A Happy New Year

Christmas time and the New Year provide an opportunity for business people to take stock and evaluate how things are progressing. This is not just a matter of working out how much money has been made over the past twelve months - hopefully, this is something that you keep track of right through the year - but a chance to look at the more meaningful aspects of business life.

This is particularly important today because much that is written in the business sections of newspapers and magazines implies that the sole object of business is to generate a financial profit. One must remember that most business people have never run a business, and are, in fact, simply paid employees for them, earning a lot of money may be the easiest that they can get to job satisfaction, but for anyone running their own business this is of, course, far from being the case.

The purpose of a business is to provide a product or service, especially to people in the local community. If a business is able to provide a product that people need, and to provide it, on time, with a friendly service and with good after-sales support, then it gains the gratitude and respect of the people that it serves. It is this respect that really improves the quality of life of someone in business. Money on its own cannot buy anything comparable in value to the good will of one's friends and neighbours.

When there are abnormal market conditions (such as an artificial monopoly or state support for a business), it is quite possible for a company to generate huge profits even though it is providing a poor service or a second rate product. However, the managers of such a business, far from finding themselves valued members of the community, are generally disliked, especially if they display ostentatious signs of wealth, and may not even feel safe when in the presence of their customers. On a recent trip to Barcelona, I found myself in one of the wealthy suburbs outside of the city. It ought to have been a beautiful place to live, but every house was surrounded by a high wall, was equipped with closed circuit television cameras, and vicious dogs barked furiously at anyone who approached the gates of the properties.

Fortunately, Central Brittany does not suffer from a serious inequality between bosses and workers, and we do not have any of these miserable, rich people's ghettos. The sort of things that business people can be looking at at this time of year are therefore:

Maintaining the human touch: customers still like to be spoken to in a friendly manner when they contact a business and become very frustrated if forced to deal with anything that is too technical.

Customer relations: remember the old maxim that in business the customer is always right even when they are wrong.

Genuineness: If the company has made a profit, why not explore ways of returning some of that profit to the customers - by reducing prices, increasing investment, or providing extra services for no extra cost. You might be surprised to find that being generous leads to profits increasing rather than the reverse.

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December in the Garden

Moles

Moles are often regarded as being serious pests, particularly by people moving to Brittany, and who are not accustomed to having these animals living in the garden.

A knowledge of the mole’s mode of life, however, can help the gardener to establish a means of control. The first point to take into account is that unless you have an exceptionally large garden you are unlikely to have more than one mole. They are fiercely territorial animals, and each mole will defend a territory much larger than the average sized garden. The implications of this are that, even if your mole is succeeding to breed and raise its young successfully, your garden will never be overrun by moles; the adult mole will chase off its offspring, forcing them to establish new territories elsewhere.

As most readers will already know, moles are thriving in Brittany, which means that a high proportion of suitable habitat is already occupied, and the young moles have to look for ground where the incumbent occupant has either died or, for some reason, been forced to move. This is where moles come into conflict with farmers and new residents. If a piece of land has recently been ploughed, or rotavated, many of the moles run will have been destroyed; and probably abandoned, leaving the area open for a young mole to take over. The mole will work hard to establish a complete system of tunnels running back and forth across its new territory, and is often particularly active in doing this at this time of year.

If you respond by trying to trap the mole or to drive it away, you will leave your garden open to being colonised by another mole next year, and the whole process beginning all over again.

A more subtle policy is to try to contain the mole in certain areas of the garden where his presence does little harm and to discourage it from being too active in other areas, such as the vegetable garden, where it is a real nuisance.

Surprisingly, perhaps, the part of the garden where the mole is, in the long-term, least annoying, is the lawn. The mole may cause a lot of disturbance over the first year or two, but once its runs have been established it has little cause to do much extra work.

It is advisable to spread out the mole hills with a rake and a hoe, so that you are not actually removing soil from your lawn. This helps to reduce the risk of the runs collapsing and holes appearing in the lawn.

The reason why you do not want the mole to be active in the vegetable garden is because mice and voles make use of its runs to gain underground access to your vegetables, and are quite capable of using it to devour entire rows of carrots, parsnips and potatoes, and all the roots of plants in the spinach and beet families.

Tip: A well-aimed kick can be the most effective way of redistributing the contents of a mole hill.

If you dig over the vegetable garden from time to time in the course of rotating your various crops, the mole runs are being continuously disturbed. With a little luck, the mole may decide that it is better to confine its activity to areas where it is not disturbed, and to leave your vegetable garden alone. Including potatoes in your crop rotation is particularly effective in this respect. If you earth up your potatoes repeatedly in the spring and early summer, it has the effect of totally disrupting the mole runs.

This course of action does not, of course, mean that you will never have any mole hills in the garden; the mole will carry out repair work, particularly at the time of year, and in the Spring may create new tunnels, running just below the surface, as it tries to make contact with neighbouring moles of the opposite sex.

In general, however, the gardener’s aim should be to try to respect the balance of Nature in the garden and to allow it to be home to as many animals as possible. It is, perhaps, true that, so far, no one has come up with a strong case in favour of moles, but experience shows that everything in Nature has an important role to play, and that when we disturb the balance, unforeseen consequences always follow. Therefore, why not let the mole live undisturbed, and be proud of the little mounds of earth that it throws up, regarding them as a sign that all is well in a garden where small creatures are happy to make their home.
What's On

From now until December 22nd

Exhibition and Sale of Hand-crafted items made by Belgian artist Jean Maubert, at the main hall of Église Ste Gérénoise, on the square, Carhaix, Tues to Fri 2pm - 6 pm.

Every Wednesday afternoon:

Book exchange from 12.30 - 3 pm, plus small, quality items for sale.

At Église Ste Gérénoise, Carhaix (22) (designates opposite the church), 15 am - 3 pm. 25c per table. Tea and coffee available.

Tel: 02 96 61 04 86

Saturday December 12th

Chez Wennes, Daour 22550 A special Aperitif Day - Kathy Lyons will be in all day with a range of Products. All orders will be ready for Christmas. Pop down for a coffee and a chat.

Sunday December 13th

Christmas Market at the Maison du Patrimoine, Locron (22).

From 10am - 9pm. Xmas Crafts & Natural Products. Over 20 stalls with Xmas goods, Art and Crafts and Natural products. Refreshments on site - all through the day. In the centre of Locron - will be signposted.

Sunday December 20th

Belle-Isle-en-Terre Christmas market - crafts, cards, gifts, 9am - 6pm, free entry. Refreshments all day.

Sunday December 27th

Christmas craft fair in the centre of Croazet at Guignarme. All day - 12am to 6pm. Gifts available from Marie 02 99 40 27 27.

(Take passport and Social number to book table.)

Wednesday December 6th and Thursday December 7th

Open Day at Maison du Logement Radier Calacoeur, Logement Mini treatments, face and saunas available plus massage, jewellery and aromatherapy boutique as well as Xmas Forte wellness: 11am and 2.30pm - demonstrations on Terpenes and beauty. (Take de la Droc in all day for snacks, lunch and afternoon tea. More details or to book - contact contact Aude Mandatke at logron@aad.com or www.murierlogement.com)

Thursday December 7th

Guisse Chasson at Rom. Traditional Breton, Finist, Celtic and English singing. Come and join in if you can't sing then come and listen. Le P'tit Bar. Le Rodéo on this Day. 02 96 93 33 21

More spaces oversold.

Places to Eat

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Le Fournil

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Resto Rapide

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What's On continue from page 38

Sunday December 13th
Tepphola Live At Avenue Le Chemin, St Tholau nr Pantyffili
2.45 pm start. Free glass of mulled wine & mince pie to all
All proceeds to Charity. Events will happen all over France.
Please donate gifts. Phone 09 70 37 68 38 for more details.

Friday December 15th
The ReggaeJaff Jazz group play old time jazz at L’Homme au Chapitre, town square, Humpolec. 8 pm - midnight.
Admission free. More information call Negii: 02 96 95 78 01

Saturday December 16th
Carol Service at Holyhead. 2.30 pm start. In French and English languages. Carols and reading for Christmas at the church in the market place. Holyhead. Come and enjoy a family time. Refreshments afterwards. All very welcome. Followed by hot drinks and cakes. For more details contact Wendy Brown 02 96 67 86 58 (Gruffudd Church: Anglican church in Holyhead)

Saturday December 15th and Sunday December 16th
Christmas market at Lynde St Elian. Langland (the village is near St Briseu (Carreg/lUgurmy Merlin). Sun - 2 pm - 6 pm; Sun. 11 am - 4 pm.

Sunday December 13th
The Kerisol Association at Bella Isla-en-Tem invites you to a Carol service at 5.30 pm at the Salle de Cinéma, Bella Isla.
A warm welcome to all. Refreshments will be served after the meeting. For more information, please call Emmanuel 02 96 49 27 51

Sunday December 17th
Christmas Fayre in the Salles des Fêtes in Molière-Poisson at 2pm. There will be a range of stalls with craft items and lots for Christmas presents. Raffle and other refreshments. Tables still available - 10€ per stall including 15€ profit going to the Auberge Espagnole and the Gogos du Priez (Greyhounds). The foyer in the village will be open all afternoon as well as the hall for more on the day details.

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What's On continues from page 39

Central Brittany Journal December 2006

Fish, Chips, Pukka Pies & a Pint
Wed. eve. 2kts By La Turaigne, Le Logis, plouch 02 96 66 89 54
Fri. eve. By La Turaigne, Ty St Brie, Plouch 02 96 95 96 44
King through, or order in advance.
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Le Lodge du Croisty, Kerkoig, 56540 Le Croisty
02 97 28 37 91

Dec 9th - Jezour aux Joets - From 2 pm.
40% Pay Day Children’s Charity event in aid of Le Croisty Primary School.

Dec 16 - Last Minute Christmas Market - From 3 pm - 9 pm. A chance to pick up last minute gifts, and swap recipes. A special event for a festive festive atmosphere. Call for details.

Dec 24 - Christmas Dinner Lunch - From 1 pm. Please join us for a festive buffet lunch, a glass of mulled wine or hot mulled rum, with homemade plaisie and cake by the Christmas tree.

Dec 25 - Christmas Dinner - From 2pm. Relax, enjoy and let us do the cooking this year! We will feature a choice of roast Turkey, Standing Rib Roast or Vietnamese Nut Roast with all the traditional trimmings. And crackers!

Dec 31 - New Years Eve - Open invitation to all musicians to sing and sing in the New Year. With us as we enjoy music, food, laughter and fireworks, blasting off. Extended dance licence.

02 97 28 77 61

www.tbebj.com
Planting an Orchard

You can't beat the taste of fresh fruit - the crisp texture and sweet flavour of an apple freshly plucked off the tree, the delicate taste of a nectarine, and the sweet juiciness of fresh pears, are things that can never be enjoyed by those who don't have an orchard. Brittany has an excellent climate for growing fruit trees, and there is no reason why residents of the region shouldn't take advantage of this by including a few fruit trees in their garden - with very little money, a relatively small amount of work, and not that much space, a person can be as rich in fresh fruit as anyone.

For success, a few basic guidelines should be followed:

- Make sure you have a place in mind where the fruit tree can be planted - preferably somewhere sheltered and sunny, and near the house, where it will receive regular attention. Fruit trees are quite tough once they become established, but don't like to be crowded out by weeds and other plants in their early years.
- Do not buy your fruit tree from a chain nursery. Although they sell the popular varieties which are marked with attractive labels, the trees themselves tend not to be suited to this region and can be weak and susceptible to diseases such as canker. Try to buy from a local nursery with local stock.
- Don't buy a dwarf tree unless you are a very keen pruner - standard trees are tougher and will require less work as they don't need pruning.

And of course, be excited about the eventual crop, that will leap up your enthusiasm until it finally arrives, which can be a few years.

Gardens

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06 77 34 11 56
Huethiss@aol.com

www.theebj.com

Planting Trees

"A society grows great when old men plant trees whose shade they know they shall never sit in."
- (Greek Proverb)

I know what I'm going to be doing this winter - planting trees. For me, tree planting is a highlight of the season, and I can't wait to get started. I am not an old man, so, according to the Greek proverb above, I am not eligible for a society that is just beginning to start its long way back. Anyway, the age is irrelevant - I am going to be planting trees for a very long time, because for me, the journey is the destination, and it has to be that way. Why, however young they may be, think what does a plant as oak tree, that will ever see it looking like its own nursery?

Having lived in Brittany for twelve years, I have gradually fallen in love with its trees: although it possesses no huge forests, the amount of trees which are just growing beside the roadside, and between the hills, makes it one of the most wooded areas of habitable Europe. I want to make sure that there are no gaps in my garden, so I either buy as much as I can or ask my neighbour to help me find an end of my garden to create a wood.

So, I think I will also be celebrating this festive season with a little tree-planting, and hope that others won't forget about all the little trees out there and all the space, just waiting to be planted, and till the good trees that can be had from planting trees.

Toumel L. C.

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Winter Evergreens

When the days have reached their shortest, the ground is hard with frost and the weather is very cold, when the flowers of warmer months are dead, and the glorious, lush green leaves of Summer have withered and turned brown; then the world is as if dead, and hope for new life seems vain.

Yet then there are the evergreens, unchanging and green, in Spring, Summer, Autumn and Winter - unlike the other trees which have gone to sleep and become quite dormant, the evergreens are hanging on for a better time of year.

**Holly** (*Ilex aquifolium*)  **Breton:** *Kelenn*  **French:** *Houx*

Far from sleeping quietly throughout the Winter months, holly covers itself in a magnificent array of vivid red berries. The main show is in November, and by the time Christmas comes round it takes a little perseverance to find a sprig of holly bearing red berries. Brittany seems to have an excellent climate for holly, and many fine mature trees are to be found growing across the countryside, as well as in tightly-packed hedges.

**Yew** (*Taxus baccata*)  **Breton:** *Ivin*  **French:** *If*

For many hundreds of years, before pines were brought to this region, yew trees were celebrated as the traditional trees associated with this time of year. Still today, the yew tree stands as solid and glorious as ever - a promise that life will return.

**Bay** (*Laurus nobilis*)  **Breton:** *Lore*  **French:** *Laurier-sauce*

The occasional bay tree can be found growing here and there over the Breton countryside, and is easily distinguished from laurel by its thinner, darker green leaves which end in a point rather than being rounded. When brought indoors it can make an attractive addition to other Christmas greenery, and will also dry well.

**Pine:** Pines became popular Christmas greenery due to their being the traditional evergreen of Central and Northern Europe. Today many pine trees have been planted in Brittany, and pine branches for the house can be easily obtained.