

# Central Brittany

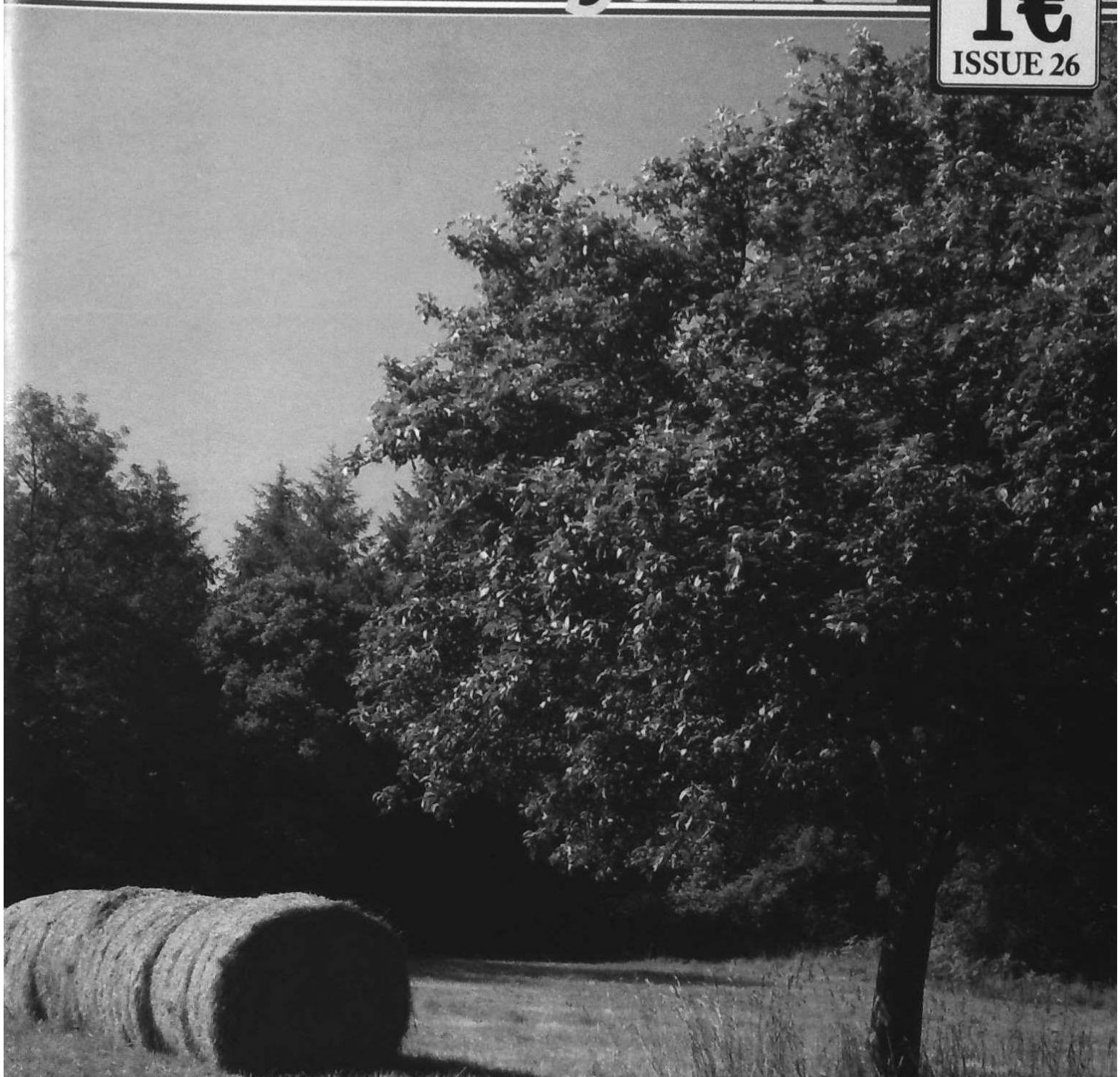
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*Journal*

August 2006

**1€**

ISSUE 26



## **The Environment - Who Cares ?**

2 Recipe

# Catalan Flatbread

This pizza-like flatbread is a speciality of the Catalan region of Northern Spain. The base can be topped with a variety of different toppings, and, if desired, can be divided in half, and made into two smaller pizzas.

- Ingredients:**
- 7oz (200g) bread flour (T110)
  - 2oz (50g) corn meal
  - 1½ teaspoons fast-action dried yeast
  - 1 teaspoon salt
  - ½ teaspoon sugar
  - 5 floz (150ml) water
  - 2 teaspoons olive oil

**Method:**

1. Sift the flours, yeast, salt and sugar into a medium-size bowl.
2. Heat the water in a saucepan until lukewarm. Add the water and oil to the flour. Mix well. The dough should be quite soft.
3. Turn onto a floured surface and knead for 5-8 minutes.
4. Return the dough to the bowl, cover with a clean tea towel and leave to rise in a warm place for 30-35 minutes.
5. Prepare the topping
6. Sprinkle a large baking sheet with corn meal on a floured surface. Roll out the dough to a 16" x 12" (40cm x 30cm) rectangle, transfer to the baking sheet, and turn the edges under to form a crust. Brush with one teaspoon olive oil. Top with your chosen topping.
7. Bake in oven at 200°C (400°F) Gas Mark 6 for 10-15 minutes, until the underside is crisp and golden. Serve hot or warm.

**Topping Suggestions**

Seasonal ingredients fresh from the garden or market make the best toppings, and at this time of year there is a lot to choose from. Tomatoes and aubergine, courgette and sweetcorn, spinach and onion, pepper and tomato are just some of the possible combinations. Below is one of the easiest and simplest pizza toppings.

**Tomato and basil**

1. Dice the tomatoes and place in a medium-size bowl. Chop up the fresh basil leaves and add to the tomato. Add 1 or 2 tablespoons olive oil, salt and pepper, and a little sugar. Mix together and set aside until required.
2. Spread 2-3 tablespoons passata or tomato puree on the flatbread base and top with the tomato mixture.



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# Saint Nennok and the Deer

**P**rincess Nennok, or Ninog, was born in Wales, into a noble family. She was wise and beautiful and many princes sought her hand in marriage; however, while still young, Nennok decided to abandon royal life and she joined a party of emigrants setting sail for Brittany. They landed near the Isle of Groix not far from modern-day Lorient.

The lord of those parts was called Gueroch, and he gave permission for the newcomers to build hermitages and houses for themselves. Nennok settled near to Ploemeur, where she was joined by many women who wished to lead a life of peace and contemplation.

One day, a doe, which was being pursued by Lord Gueroch, came to Saint Nennok's hermitage. Filled with terror, the deer sought shelter amongst the women, and seeing it, Nennok was moved by pity. She laid her hand on the trembling creature, and calmed it with soothing words.

Soon Gueroch himself emerged from the forest. He had never visited St. Nennok's retreat, and he looked in surprise at the tranquil scene before him.

"Where is the doe I was pursuing?" he demanded.

"It is here, my lord," replied Nennok.

"You must give it up to me," said Gueroch. "I have chased it for many miles."

"My lord," said Nennok. "I have promised to protect anyone that comes here seeking shelter. This doe has come to me, and I cannot give it up to you."

Lord Gueroch looked at Saint Nennok for a little while, and then he dismounted.

"Very well," he said. "In return, may I beg leave to spend a few days in this peaceful place?"

St. Nennok agreed, and Lord Gueroch stayed some time in the hermitage. When he left he promised his friendship, and although little more is known of St. Nennok's life, she is still known as the protector of deer.



## The Mermaid of the Seas

The story so far: Once there was a clog-maker who caught a mermaid. She promised to give him a wish if he set her free, but he said that right now he didn't want anything and let her go.

However, there came a year when everything was expensive, and the clog-maker didn't know how he could feed his children.

From time to time he had seen the mermaid, so he waited for her again...



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# The Dolmen of Roc'h Toul

## Maël Pestivien

The area around the village of Maël Pestivien in Côtes d'Armor is littered with standing stones and granite boulders. They fill people's gardens, rise up in the middle of fields, and in some places line the roadway. The stone table or dolmen of Roc'h Toul is on a hill outside Maël Pestivien. It is signposted from the centre of the village and can be found without much difficulty thanks to the efforts of a local person who is taking good care of it. Two hand-written signs direct the visitor into a field, and after a short walk along a well-maintained path one emerges beside the dolmen. It is quite small but perfectly intact and covered with moss and lichen; close by is a small standing stone known as a stele. Megaliths always appear most beautiful when in natural, unspoilt surroundings, and a visit to these well-cared for stones is therefore particularly rewarding.

### The Roman Road

#### Kerléon, Maël Pestivien

This is not featured on any local signposts, but is still well worth a visit. Follow the yellow signs for the 'Grande Randonnée' through the village of Kerléon; they lead you along a track past a farm and over a small stream. Shortly after the stream, the surface of the path changes from earth to cobbles overgrown with grass - the remains of a road, presumably originally built by the Romans. The road runs for almost a kilometre, bordered in places by huge granite boulders and magnificent trees.

It is still used by farm tractors, but otherwise is closed to traffic. It is hard to imagine such a remarkable artefact remaining in such pristine condition in many other parts of the world.

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### Editorial

Whilst looking through the magazines at our local newsgents recently, I realised that the Central Brittany Journal is the only publication designed to serve the needs of this particular area. I have always been a great believer in the power of the press (I am sure that the British media is at least partly responsible for the current state of affairs in the UK), and it occurred to me that it is not sufficient that the Journal should be entertaining; it should also support people's aspirations to create a better world.

Opinion is, of course, divided upon what is and what is not possible in this respect: I have always been moved by Homer's description of the rule of a good king: 'He upholds justice and under him the dark soil yields wheat and barley; trees are weighed down with fruit, sheep never fail to bear young and the sea abounds in fish - all this because of his righteous rule, so that, thanks to him, his people prosper.' One thing that struck me as sad when I was a teacher was that young people are no longer introduced to these sorts of ideals in the course of their education. In this month's main article - The Environment - Who Cares? - I have tried to express my own understanding of where we are going wrong in looking after the world in which we live, and what we can do to set things right.

This issue may seem a little more crowded than usual. This is because I have been trying to limit the Journal to 48 pages; I may not be able to stick to this policy for much longer, however, because more and more material keeps coming in each month - a reflection of the dynamism of our region! GL

### Central Brittany Journal

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Deadline for classified ads: 20th of the month

## News & Services

### Exchange Rate Transparency

The CBJ has recently been contacted by Crown Currency Exchange. One of the company's staff has a relative living in Central Brittany who thought that other residents might wish to take advantage of the company's services. Crown specialises in two sectors: travel money (updated rates are displayed daily on the company website [www.crowncurrencyexchange.com](http://www.crowncurrencyexchange.com)), and bank to bank transfers of up to £30,000. As a specialist foreign exchange broker, dealing in large volumes, Crown is able to offer better rates than people could expect to get from their bank, and can tailor the service to meet individual needs: for example, home buyers can protect themselves from fluctuations in exchange rates by forward ordering currency. There is full transparency on both charges and exchange rates - customers can follow exchange rates on the website and order currency when they choose. Customers requiring larger transfers are handled by Crown's sister company TorFX ([www.torfx.com](http://www.torfx.com)).

For more information contact Tracy Jackson, Crown Currency Exchange, 0044 (0)870 80 345 76 [tracyj@crowncurrencyexchange.com](mailto:tracyj@crowncurrencyexchange.com)

### Lift Sharing

The lift-sharing website, FranceConnections is now a completely free service. There is also a new forum on the site so that visitors can exchange news and information about travel options. [franceconnections.co.uk](http://franceconnections.co.uk).

### Bulat Pestivien Vide-Grenier

The organizers of the Vide-Grenier at Bulat Pestivien on the 25th June would like to thank all the CBJ readers who supported the cake stand. They raised a record 461 euros on the day, in aid of local charities.

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### Pine Furniture

Linda and Arthur Cutler are starting a business, importing pine furniture to France: by going direct to them, readers have the opportunity to buy furniture at very competitive prices. (See ad page 44)

### Home Education Day

A home education day is planned for Sunday the 20th August. Anyone interested in home education is welcome to attend - whether they are home educating their children, have experience of home education, or are considering home education. Topics under discussion will include the attitude of local authorities to home education, qualifications, and the opportunities opened up by educating children at home. Children and parents welcome, refreshments provided. More info: 02 96 21 55 97

### Breton Words

Last month, we failed to include the French and Breton names for the plants on the back cover:  
Yarrow (*Achillea millefolium*) French: Achillée  
Breton: "Levedon" and "Louzaouenn ar fri"  
Herb Robert (*geranium robertianum*)  
French: Herbe à Robert  
Breton: We are still not sure what Herb Robert is called in Breton. Can anyone help?

### Places to Eat

The places to eat section is on page 34 this month. Please note that Barnacles restaurant in Guern has now re-opened: consult their website for opening hours and directions.  
Le Poisson qui Rit (opp. page) now has a second van and a new venue in Plouyé on Friday evenings.

## The Language of Shakespeare

My crown is in my heart, not on  
my head;

Not deck'd with diamonds and  
Indian stones,

Nor to be seen: my crown is  
called content.

King Henry VI Part III l. 62

# Letters

## Environmental Hemp Products

In your June issue, you asked for anything to do with living/building ecologically etc.

My husband works for a French company called Terrachanvre in Tremargat who process hemp into building products. The products range from fibre (used to plaster the walls), to insulation. These products can be used both in new construction and renovation projects, and are very environmentally friendly.

I thought it might be of interest to readers to know how versatile hemp can be.

*Penny White (see: www.terrachanvre.com)*

## Young People Moving to France

The other day I was thinking how hard it is for young people to move to France, so I thought I'd write a letter to you, to show them that they are not alone!

My mum and I moved here in September 2005 and my dad stayed working in England for 9 months - he's now here with us as a retired old man! I started school on September 4<sup>th</sup>. It was a very scary experience! I even cried on the 1<sup>st</sup> day! But as the months went on I started to make loads of friends and I learnt French really fast! Now this summer I love it! There are so many things to do and the sun is shining!

I just wanted to say that at first it's really hard, but if you keep trying and believe in yourself you can do it! I hope this letter has helped someone.

*Megan-Jade (aged 13)*

## Survey of English People

We are students of Bac Pro (equivalent to A-levels) in "Services in Rural Areas". For our English class we are doing a survey on the English people living in Brittany. We want to make a questionnaire and to submit it to the greatest possible number of people.

It would cover how long people have been living here, why did they come, what is their family, personal and professional situation, how they are coping with life in France, etc.

We would very grateful if readers of the Central Brittany Journal could help us with this project.

*Bac Pro Class, Lycée Edmond Michelet, Parc Montaubert, 35300 FOUGERES*

Readers wishing to take part in this survey are invited to write to the Bac Pro Class directly.

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## English-Language Television Part I

Many of the British people that have now moved over here, have found that one of the things that it is difficult to do without is English language television. Having been a satellite installer since 1987, I have been asked many questions about how to watch English TV in France. So here is my quick guide to what you need...

Unless you live on the very North coast of Brittany, it is virtually impossible to pick up UK TV from England. The FreeView box, that is available in England, will not work over here, as it gets the signal from a TV mast in the UK. However, you could use it to receive French TV via a suitable aerial on your house (see below).

To receive English television, the only way is therefore by satellite (also generically called Sky).

### Televisions

One big question I often get asked is "can I use my English television in France?" The answer is Yes and No.

Yes - you can watch English television via satellite with your TV - and No, you cannot usually pick up French television from a TV aerial. Your English television, unless it is multi-standard, is designed to receive PAL broadcasts ie. The UK transmission standard. In France, they use a broadcasting standard called SECAM, which cannot be received by a normal UK TV. However, by using a device (eg Freeview box, French VCR etc), which connects to your TV via a Scart lead, French channels can be received - but this opens another can of worms...

### Satellite dishes

You need a satellite dish and digital LNB (the electrical bit on the end of the dish) pointed at Astra 2 (not to be confused with Astra which now shows mainly German and French channels). Astra 2 is located at 28.2 degrees east of South - generally speaking the satellite dish needs a clear view of the sky (where the sun is mid-morning) with no trees or buildings in the way. To prevent signal deterioration in bad weather it is acknowledged that the dish should be of the 60cm type (larger than the mini-dishes from the UK). The alignment of the dish is critical to ensure continued quality of viewing.

### Satellite receivers (digiboxes)

There are many types of satellite receivers on the market. The slightly cheaper option is to buy a digital decoder in France. This will allow you to watch many of the UK channels - but not all decoders will receive all of the free to view channels. Many of my customers have commented that they are very difficult to use and need to be regularly maintained to continue to receive all of the channels. For example - when ITV became Free to View last year, many people with these boxes were not aware and maybe still don't receive it! Unless you are technically minded, perhaps this is not the wisest option for you.

The recognised, and easiest way to watch UK television is via a Sky digibox, which gives the maximum number of Free to View channels. To view Channels 4 & 5 a Free to View card is required - this card is not usable with the cheaper French-purchased decoders.

Trevor Dallas www.sky-tv.fr (See advert page 44)

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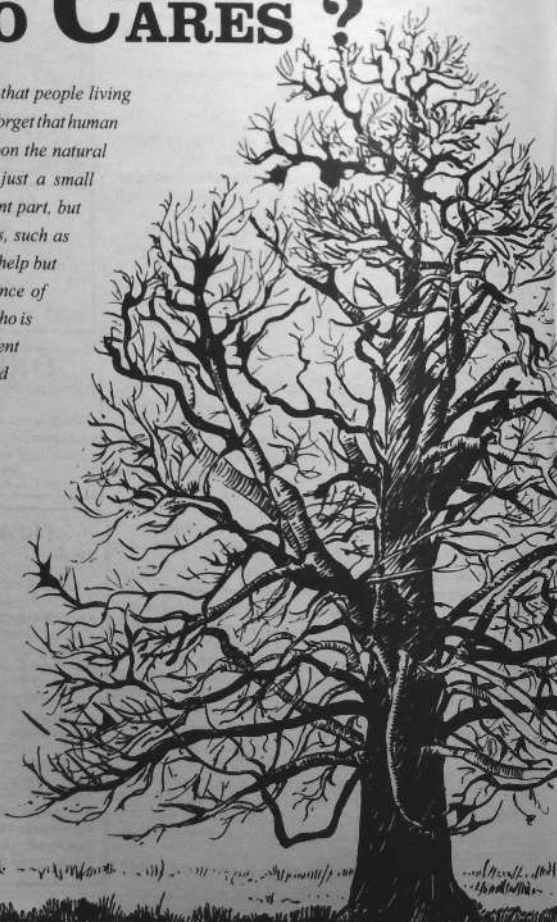
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# THE ENVIRONMENT - WHO CARES ?

*I*t is understandable that people living in cities sometimes forget that human life is dependent upon the natural world of which we are just a small and relatively insignificant part, but residents of rural regions, such as Central Brittany, cannot help but be aware of the importance of nature. The question is, who is caring for the environment and are they doing a good job?

**"In our every deliberation, we should consider the impact of our decisions on the next seven generations"**

From the Native American Iroquois Constitution



## Environmental Campaigners

The first time that I became aware of environmental issues was back in the early 1970s, when I was studying science at school. Like many young people of the time, I was drawn to the emerging subject of ecology, and in particular to the Ecologist magazine which published a 'Blueprint for Survival' which outlined a radical set of proposals for saving the planet. Back in those days, it was fun being an environmental campaigner, at least partly because it seemed easy to distinguish between the 'goodies' and the 'baddies'. Environmentalists tended to be young, poor, underfunded and idealist; the people who did most to pour scorn on our ideas were big businesses, governments, university departments, and everyone with a vested interest in the current system.

Things have moved on considerably since that time: the argument that something has to be done to protect the environment has been won, and people no longer try to discredit environmental thinking, but instead vie with each other to appear to be more environmentally correct than each other. It is now commonplace to see banks advertising their environmental awareness, and newspapers producing guides telling people how to make their lifestyles more eco-friendly; oil companies now promote themselves as being good for the environment, and, in the UK, even the Conservative party now claims to be the party of the environment.

**"Nature does nothing uselessly"**

Aristotle

Left: Sweet chestnut, one of the most striking trees that grows in this area.

Cover: An apple tree in a hay field, Duault

**"We do not inherit this land from our ancestors; We borrow it from our children."**

Haida Indian Saying

As someone with a long-term interest in this field, I am not convinced by these recent converts and do not believe that their proposals go any way to addressing the real reasons why the modern Western lifestyle is so at odds with the world of nature. If anything, they are a distraction, leading people to believe that something is being done, while, in truth, the fundamental problem remains unaddressed.

## Central Brittany as a Self-Sufficient Unit

One thing that is lacking in most discussions about the environment is a sense of historical perspective. In the case of Central Brittany, for example, it is seldom acknowledged that up until the coming of the railways in the early 1900s, the region was almost completely self sufficient. This is something that is quite hard to grasp from a modern perspective, but it means that not only did the region produce almost all its own food, but that its inhabitants also spun and wove their own cloth, made their own clothes, made their own shoes, built their own homes from local materials, made their own furniture, and used locally-grown fuel for their cooking and heating. The environmental impact of this way of life was effectively zero, and it could have been continued indefinitely without doing any harm to either the local environment or to any other part of the world.

It is not true to imagine that this mode of life could not support a modern population - there were more people living in Central Brittany a hundred years ago than there are today - or that it was necessarily less healthy than a modern lifestyle: people living in the country in the past had just as great an expectation

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of reaching their 'three score years and ten' as people do nowadays.

In a sense, it may have actually been the self-sufficiency of this society that proved to be its undoing. Other areas of Europe had embarked on a more aggressive mode of life some centuries earlier, and provinces such as Brittany were expected to be not only self-sustaining, but also to yield a surplus that could be paid to a central government in the form of taxation. Over a long period of time, this proved ruinous to the region, as it did to other rural areas of Europe, and no doubt contributed to its moving away from an ecologically-sustainable way of life to one in which little heed is paid to the future.

Nevertheless, it should still be possible to use the way that people lived a hundred years ago as a reference point, enabling us to determine which aspects of modern life are compatible with an eco-friendly way of living, and which are not.

**Technology**

Environmental problems go hand in hand with greater use of technology - the first environmental problems to be identified, for example, were the city smogs caused by burning coal, and the pollution of rivers by factory discharges. Now that technology has become more sophisticated, and its use more widespread, so have the environmental problems, and we are threatened by global warming caused by the burning of fossil fuels. Similarly, agriculture has only become a threat to the environment since the development of agricultural chemicals, genetic engineering, and the use of industrial-scale machinery in the fields. To give an even clearer example, we would not be under threat from problems related to nuclear radiation if scientists had never developed nuclear technology.

When studying the catalogue of environmental problems, one is tempted to conclude that we would all be better off if no one had ever thought of inventing any sort of machines - but people have lived for thousands of years

with the aid of all sorts of simple machines which have contributed to making human life easier, and which have posed no threat to the environment. The problem seems to be not so much too much technology, but the wrong sort of technology, or technology being used in the wrong sort of way

**A Tree -**

**The ultimate technology.**

It is perhaps the lack of humility in modern scientists and scholars that poses one of the biggest threats to the environment. Even now, when we are confronted with innumerable problems brought about by the indiscriminate use of modern technologies, there is still a reluctance to admit that human technologies fall far short of the technologies that exist in nature. To illustrate this point, consider the example of a tree:

A tree is the ultimate source of renewable energy. It is far more efficient at capturing the energy of the sun than any man-made devices, and unlike human inventions, it is so sophisticated that it is capable of capturing the energy when it is in plentiful supply - on a hot summer's day for example - and converting it into a form in which it can be used when the sun is at its weakest: which is why you can burn logs on a cold winter's evening and they will still keep you warm.

**Production**

A major problem with modern man-made machines is that they have to be manufactured in factories. These factories are often the cause of considerable environmental destruction and major producers of pollution. This can be a particularly embarrassing problem for technologies that are supposed to be eco-friendly, such as renewable energy generators, etc.

No such problems are caused by trees, which have the remarkable inbuilt quality

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of being able to produce seeds that grow into new trees with no detrimental impact upon the environment at all.

**Disposal**

Environmental problems associated with manufacturing machines, are mirrored by problems relating to their disposal.

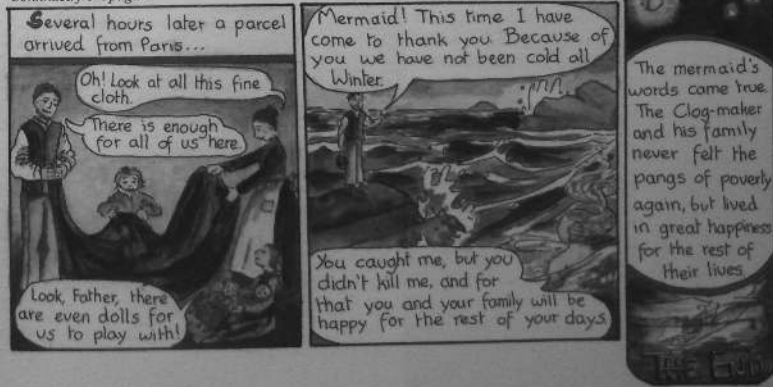
Many items of modern technology have been made in such a way that there is no known method by which they can be disposed of without having at least some detrimental impact upon the environment. (Shockingly, it has now been the practice for some time for rich countries to ship container loads of defunct machinery to poor countries in Asia and Africa so that they themselves do not have to deal with this issue themselves.)

Trees do not pose any such recycling problems. Not only is nature fully capable of returning a tree to its natural elements, but in the process the decaying wood sustains a rich variety of flora and fauna which itself makes up a vital part of the natural eco-system.



Right: Lichen is a sensitive indicator of air quality. The fact that it grows with such abundance in Central Brittany is a sign that the quality of the air here is still good.

Continued from page 4





**Tree Products**

Man-made inventions tend not be very versatile; they are reasonably good at fulfilling the function for which they were designed, but are not much use for anything else. Trees, on the other hand, are multi-functional. Many of them produce edible crops - apples, pears, plums, cherries, walnuts, chestnuts, and hazelnuts, being amongst the crops that can be grown locally - but they can also be coppiced so that they can be harvested for fire wood, fence posts, sticks, tool handles, etc., or they can be left to develop into mature trees which may produce beams and planks that can be used as the structural elements in houses, ships, or pieces of machinery.

Even small twigs and branches can be burnt and, with a little ingenuity, a wood-fire can be used to heat hot water, bake bread, heat the home and provide the majority of a household's energy needs.



**Economics**

One of the most striking differences between natural technology and man-made technology, is that no charge is made for the products of natural technology - it is all completely free. One of the biggest causes of unhappiness in the modern world is the stress that people feel in relation to money, and this stress has increased enormously as people have become more and more dependent on man-made technologies.

**Environmental Impact**

City dwellers can testify to the negative impact of man-made technologies on the quality of life: no one wants to live next door to a factory, for example, but trees are universally acknowledged to have a positive impact on the local environment. Everyone is happy to see trees out of their window, and no one has cause to complain about the noise or smoke made by trees in their local area. Trees, being living organisms, also have the remarkable property of being able to improve both the air quality and the water quality of the areas in which they grow.



**Who Cares about the Environment**

There are, of course, reasons why people never asked themselves whether the new inventions were really better than the technologies that they were replacing, before they started to use them.

The modern culture of commerce and industry grew up alongside the introduction of the new technologies, and, crucially, this process was made possible by systems of government which took power away from local people and devolved it to institutions that did not really care for the people who were affected by their decisions.

This is a process which continues to accelerate. In the early days of the Industrial Revolution, Bretons complained that decisions that affected their lives were being taken in Paris rather than in their own capital city, Rennes; more recently, people felt that it was bureaucrats in Brussels who were enabling modern agricultural methods to destroy the Breton countryside via a complex system of farm subsidies over which there was no local control; now, as far as one can tell, the decisions which determine how much we earn, what we can buy in the shops, and what sort of life we are expected to lead, are taken in the boardrooms of multinational companies, by people who may not even be aware of the existence of Central Brittany.

When I was young, people were considered as being slightly eccentric if they were interested in the environment: serious politicians were interested only in the economy. Now everyone who has had a chance to study the data, including even the serious politicians, knows that there will be no economy unless something is done to reverse the effect that human activity is having upon the environment.

Having had over thirty years to reflect on

**Better than Trees?**

Knowing what we know now, it is obvious that man-made inventions could never match the things in nature either in their efficiency or in their eco-friendliness.

Consequently, it was clearly a mistake to exchange the superior technology of nature for the inferior technology of man-made machines in any area where the two were both fulfilling the same function.

One hundred years ago, trees dominated the local economy: they fulfilled a multiplicity of needs, they did no harm to anyone, and posed no risk to the environment. Now, economic activity revolves around big machines, factories, and the use of chemicals - all of which are unsustainable, and which are having a potentially catastrophic effect upon the local environment. With the benefit of hindsight one can see that this was not a wisely-planned piece of economic development.

Another example is provided by walking: as a mode of transport, walking has few disadvantages; it is good for the health, it poses no risk to other road users, it is sociable, it has no negative impact on the environment, and it doesn't take you too far from home: none of which can be said for the modes of transport with which it has been replaced.

One of the tragedies of this situation is that people are not being allowed to enjoy the advantages that modern technology could have brought them under different circumstances: no one doubts that motor cars, electric lights, computers, washing machines, radios and televisions are all marvellous inventions, each of which could do much to enrich the quality of human life - but if their use means that the water is not fit to drink, the air is not fit to breathe, the sound of nature is being drowned out by the noise of traffic, or if the soil is no longer able to yield healthy crops, then the benefits that they confer lose their relevance.

*Left top: a young oak tree. Middle: the abundance of mushrooms and toadstools is a testament to this area's enormous natural vitality. Bottom: oak trees at sunset*

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this issue, I have revised my ideas about who are the 'goodies' and who are the 'baddies' when it comes to the environment. It seems to me now that, as individuals, we are all goodies, but that the organisations that we create are invariably baddies. As individuals we care deeply about our environment - we care about our homes, our gardens and the villages in which we live, we care when we see an animal in distress, we care when we see a tree being thoughtlessly cut down, we care when we see banks being flattened by farmers and developers, we care when we can no longer hear the sound of bird song, we care about the quality of the water that we drink - basically, we care about everything, and if it was just us, we would care for and cherish our environment in just the same way as previous generations.

Unfortunately, we have managed to get ourselves into situations where we are not free to do what we want; we feel that our lives are in the grip of forces beyond our control - organisations bigger than us and stronger than us make us do things which, left to our own consciences, we would never do.

These organisations, however, even though they may have been convinced by the logic behind environmental issues, cannot actually care about the environment. They are driven

by the need to make money, to create employment, to retain power, etc. and they can only afford to take the environment into account in so far as it does not conflict with their primary objectives.

That is why, I believe, the current barrage of information about the environment is misleading. It gives the impression that the powers that be have taken the matter in hand and that, providing we do what they tell us, environmental issues will be resolved.

What is required is that ordinary people regain control over their own lives, so that local people can do what is right for the local environment, and sanity can be restored to the relationship that we have with the natural world, upon which we are so dependent for our well being.

GL

**"Human subtlety will never devise an invention more beautiful, more simple or more direct than does Nature, because in her inventions, nothing is lacking and nothing is superfluous"**

Leonardo da Vinci

*Businesses that have contacted the CBJ offering help and advice with environmental issues:*

- TLC Services:** Solar heating and wood-fired heating, 02 96 36 56 19
- ACE Southwest:** Solar heating and wood-fired heating, 0044 (0)1395 223936
- BIO European Construction:** New-build houses made from eco-friendly materials, 02 98 93 72 04
- Terrachanvre:** Hemp products, [www.terrachanvre.com](http://www.terrachanvre.com)
- Lin Bowden:** Wool for use as a natural insulation product, 02 98 73 94 58
- BIO Marché, Carhaix:** Organic food market, 02 98 99 44 96
- Equilibre, Carhaix:** Health foods and organic foods, 02 98 93 74 09
- Phil Stevens:** Advice on smallholdings and wind-powered energy, 02 97 27 64 18

Travels in Brittany 19



Jacques Cambry

*Travels in Brittany:*  
**Traditional Healing**

*In 1794 a government official, Jacques Cambry, made a tour on horseback of the region of Finistère. The book he wrote describing his travels is one of the chief sources of information on life in Brittany two hundred years ago.*

*In this extract, Cambry describes a ceremony that he observed in Quimper:*

In an old proverb God is reputed to say:

**« En bro isel pa nen dan tud devahin a laquan »**

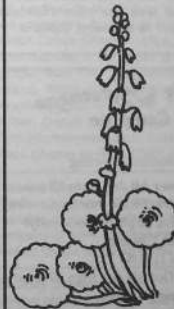
**"If the people of Lower Brittany do not see me in those parts, at least they find good health."**

It was in Brest that Jean Causeur (an old man who lived to 137) passed his days. The coast of Léon nourishes a multitude of vigorous old people; in Plougasnou, especially, infirmity is unknown. Anyone strong enough to withstand the frequent gales, and the work of shore and sea, can continue their labours until the most advanced age.

Here, the country dweller scarcely knows any illness save fevers, caused by over heating; the only remedy he employs is hot wine, with this he mixes a little sugar, and, in desperate cases, pepper and eau-de-vie.

If this secret fails, he despairs of the invalid.

It is rare for people to call in the doctor; in the country the marshal heals the wounds and distributes medicine. One of the chief cures for cuts, injuries etc. is the plant called in their language Crampoes mouzec (*Umbilicus rupestris*, Navelwort, Wall Pennywort) which is found everywhere growing on old walls and on the trunks of old trees. The spongy leaves applied as a plaster could certainly have a salutary effect upon the wound.



2<sup>nd</sup> FEST-JAZZ!



*Stroll among the 4 stages along the banks of the beautiful River Aulne*

**2 PM - MIDNIGHT**

**GREAT MUSIC IN A GREAT ATMOSPHERE!**

**ROSENBERG TRIO (Holland)**

**Good Time Jazz (Brittany)**

**Blue Magnolia Jazz Orchestra (Liverpool)**  
**and six other groups !**

**Tickets:** ..... 15€ / 10€ (students) with Rosenberg Trio  
10€ / 7€ (students) without Rosenberg Trio

**Contact:** ..... Office de Tourisme / 02 98 81 83 90  
Bars "Tal Ar Pont" / "Le Chaland" / "Aulne Loisirs Plaisance"

20 What's On

What's On

**July 28<sup>th</sup> to Sunday August 6<sup>th</sup>.**  
36<sup>th</sup> Interceltic Festival in Lorient. Each year over 650,000 visitors attend this lively festival that celebrates Celtic creative arts. During the 10-day event over 4,500 artists travel to Lorient from all over the world to perform music, theatre and dance for the amassed crowds. A real treat for anyone interested in Celtic culture, visitors can experience fiddle music, bagpipe lessons, Gaelic workshops and ceilidhs. Lots of opportunities to sample traditional Celtic food and drink. [www.festival-interceltique-2006.com/](http://www.festival-interceltique-2006.com/) Each year the festival focuses on a different Celtic culture; This year its Australia's turn and the focus will be on the Celtic culture in Australia. More info and schedule of events: [www.festival-interceltique-2006.com](http://www.festival-interceltique-2006.com)

**Friday August 4<sup>th</sup> to Saturday August 26<sup>th</sup>**  
"Paysages et Gens d'ici" ("Local landscapes and people") Exhibition of paintings by Guy Le Breton at the Pavillon de Rohan, 3 rue de Senechal, Gouarec (22). Open Mon. - Fri. 10 - 12 & 2 - 5.30. Closed Aug. 15<sup>th</sup>. Free entrance.

**Sunday August 6<sup>th</sup>**  
Jazz Festival at Châteauneuf du Faou. 4 venues - each 5 min. walk from the other - all on the banks of the river Aulne. 2 p.m. - midnight. A dozen groups including the Rosenberg Trio from Holland. A dozen groups including the Rosenberg Trio from Holland. See ad. previous page. More info. Tourist office. 02 98 81 83 90 or Bars: Tal ar Pont; Le Chaland or Aulne Loisirs Plaisance.

**Sunday August 6<sup>th</sup> and Sunday August 20<sup>th</sup>**  
GARAGE SALE ROSTRENEN 10am - 4pm. Books, Bric a Brac, Household, Bargains !! Indoor stalls if it rains. Route D790 Rostrenen - Glomel. Large White house on canal. Map on [www.maisoncanal.com](http://www.maisoncanal.com) 0296 292896

**Friday August 11<sup>th</sup>**  
Soirée grecque. From 8pm. An evening of Greek music, dancing and food at the Pub-Restaurant Les Fous at Carnoët (between Callac and Carhaix). Entry free. Bazuoki and guitar playing by Thierry Jobit and Patrick Lairain. Greek buffet style food available, bar open as normal. For more information email [info@les-fous.com](mailto:info@les-fous.com) or ring Don or Tricia on 02 96 21 52 32

**YVONNE'S FAREWELL BASH**  
at the Bowling Alley and Go Kart Track  
(follow signs from the fire station)  
**Carhaix**  
SUNDAY AUGUST 13<sup>th</sup> 10 AM-1 PM

- \* Unlimited Bric a Brac tables at 5€
- \* 3-course cuisine meal for 15€ incl. wine
- \* Go Kart track & 10 pin Bowling alley
- \* Tarot readings 5€
- \* Fish and chips

For more information tel/fax Ray or Yvonne on 02 96 45 79 11

**Sunday August 13<sup>th</sup>**  
YVONNE'S FAREWELL BASH see box ad this page

**Sunday August 13<sup>th</sup>**  
Fleur de Bretagne, nr Rostrenen. All day activities - vide grenier, fishing contest, BBQ, 3-course lunches see box ad on this page.

**Friday August 18<sup>th</sup>**  
Karen's Curry Club at Poppies Restaurant, Maël Carhaix (next to Mairie) starts monthly. Enjoy a curry, swap recipes, get ideas for making great curries, and buy your herbs and spices at a discount. For more information, and to book, tel. Karen or Richard on: 02 96 24 66 23.

**Saturday August 19<sup>th</sup>**  
Concert of Medieval music: "Music in the time of the Dukes of Brittany". 8.30 p.m. in Callac church. Entrance 6€ (free for under-12s).

**Sunday August 20<sup>th</sup>**  
Writers' literary day in Salle des Fêtes, Callac, in town square - free entrance. 10.30am - 12.30pm and 3 pm - 6 pm. Meet several Breton authors. An aperitif will be served around midday. 3.30 pm. A conference on the Music and poetry in the time of the Dukes of Brittany (in French). At 10.30 am; 3.30 pm and 5.30 pm there will be the showing of a 20 minute film on the culture, economy and tourism of the Callac area. For more information - see Luciano in the Maison de la Presse, Callac or e mail: [la.louve@libertysurf.fr](mailto:la.louve@libertysurf.fr)

**Fleur de Bretagne Bar & Campsite**

**Tuesday 8<sup>th</sup> 7.30 p.m.**  
Classic Car & Bike Enthusiasts meeting

**Sunday 13<sup>th</sup> Vide Grenier All day from 10 a.m.**

- \* Sales tables absolutely FREE (bring your own) - maximum 50 tables, so please book early!
- \* Fishing contest from 7.30 a.m.
- \* Bouncy castle from 11 a.m.
- \* BBQ, Live Music, Outside Bar from 12 noon
- \* Karaoke in the evening
- \* 3-Course Lunch including wine and coffee 10€ - booking essential

Why not bring your tent? Camping 10€ per tent + 2 adults on the 12<sup>th</sup>. Free use of the swimming pool. Fishing 5€ for the day

**Fridays 11<sup>th</sup> & 25<sup>th</sup>** Fish & Chips 6€ (6.30pm - 9.00pm). Booking advisable.

**Saturday 19<sup>th</sup>** Gastronomic Evening  
3-course meal prepared specially by a French chef. 15€. Booking essential, by 15<sup>th</sup> please.

**02 96 29 15 45**  
ON THE B31 DIRECTION ROSTRENEN TO SLEFIAC 18M PAST THE LYCEL PROFESSIONAL ON THE LEFT.

What's On 21

**Friday August 25<sup>th</sup>**  
An evening of live, cheery, folk, Irish, popular and other music headed by Kevin Sumner of the "Fous Furieux", from 9:00pm at the Pub-Restaurant Les Fous at Carnoët (22) All invited to join in, bring an instrument or sing a song. Entry free. Bar open as normal. Restaurant by reservation only. For more information email [info@les-fous.com](mailto:info@les-fous.com) or ring Don or Tricia on 02 96 21 52 32.

**Saturday 26<sup>th</sup> August**  
Big Al, a truly great British Entertainer, plays Jazz, Blues, Rock-&-Roll, popular and old time sing-alongs too! Starting at 8.00pm 'till 1.00am A Great night really not to be missed. Free Entrance!! Telephone Martin or Lorrie at Riks Bar, (Ste Brigitte 56)) on 02 97 27 61 12 for more details.

**Thursday August 31<sup>st</sup>**  
You are invited to the premier General Assembly of the Bulat Pestivien Arts and Craft Association at 2pm. If you would like to join, or make suggestions for classes, or even a seat on the committee, please turn up. It is being held in the room next door to the Mairie's office. For further information contact Brenda Hayes: 02 96 45 73 96.

**Saturday August 12<sup>th</sup> - Sunday August 20<sup>th</sup>**  
49<sup>th</sup> Festival de la Saint-Loup, Guingamp with 2500 dancers and musicians. An annual event which includes the National Breton Dance Championship. Every day there are folk dance performances in the public gardens, given by visiting dance troupes from the Celtic world - Scotland, Asturias, Galicia, Ireland, Wales and Brittany. Concerts are staged in various venues around Guingamp. This year highlights are Carlos Nufez, Denez Prigent, Liam O'Connors and The Silencers. More info from [www.dansebretonne.com](http://www.dansebretonne.com) or the tourist office on: Place Champ au Roy, 22200 GUINGAMP Tel: 02 96 43 73 89

**Tuesday Sept 5<sup>th</sup>**  
Patchwork group restarting on 1-30 pm till 4-30 pm every other Tuesday at Bulat Pestivien. Want to learn, or just enjoy the company of other patchworkers, please turn up on the day, or contact Sheila on 02 96 21 64 22

**Tuesday September 12<sup>th</sup>**  
Knitting group starting in Bulat Pestivien (22) 1-30 pm till 4-30 pm every other week. If you would like to learn, or just enjoy the company of other knitters please either turn up on the day, or contact Judith on: 02 96 45 78 20.

**Sunday August 27<sup>th</sup>**  
10.30 am. Christ Church Brittany. Bonen Church near Rostrenen (22). Holy Communion with hymns taken by the Revd Dr John Marvell. Further information from Robin or Laura Hillman Tel: 02 97 51 74 25.  
**Every Sunday**  
10.30 a.m. Guerlesquin Christian Fellowship meetings at Chapelle St Jean - opposite library in the main street. English-speaking group - all denominations welcome. Tel: 02 96 78 21 28 for a friendly chat.

**RIK'S BAR**  
STE. BRIGITTE  
02 97 27 61 12

- WHAT'S ON? SOMETHING!!
- See What's On: August 26th
- OPEN 09.30 - 22.00 + Tues. to Sun.

**Rendez-vous des Celtes**  
Plussulien 02 96 24 04 26

**Every Wednesday at 8pm**  
FREE 1 wine tasting and tapas, just a couple of wines available locally, some nibbles and good company.

**Tuesday 8th August starts 7.30pm**  
Darts and Skittles, 5€ to include Annie's legendary Steak Pie and Chips. Good social night out, no particular ability at playing required (or expected!) Booking advised, teams made up on the night.

**Tuesday 22nd August starts 8pm**  
Quiz Night & Annie's legendary Steak Pie and Chips 5€. Very popular evening-early booking advised. (This month's anagrams - win a bottle of Baileys Irish cream!)

**LE MADISON BAR / B&B**  
QUENEQUEN, SCRIGNAC 29640  
Tel. 02 98 78 21 96

*Celtic and Irish welcome you to LE MADISON BAR and / BAR*  
Bar Meals Served Daily Sunday lunch available  
(Please book as meals are cooked to order)  
Situated in a rural area just outside of Scrignac

**Tranquility**  
Tea shop & Restaurant 28 rue du Pont, Ponthivy 02 97 97 85 91

**Beginning in September:**  
Every Wednesday from 6 p.m.  
Midweek guitar and vocal music to accompany your meal, with Dave Will.  
Special Menu:  
Soup / Charcuterie / Salad  
Steak & Kidney pie / Chicken in white wine / Nut roast  
Apple pie / Treacle pudding  
Cheeseboard  
4 courses with coffee 20€ 1 course 10€  
Reservations advisable

# F. A. Q. 22



**Q: I've heard that Microsoft is to discontinue support for all versions of Windows 98. What can users of this operating system do?**

A. Microsoft previously announced that it would stop supporting Windows 98, 98SE and ME in 2004. Then it changed its collective mind. Some ungenerous souls suggested that this change of heart was driven by the fear that users might switch to the then rising star, Linux.

In the two years since, Linux has made dramatic strides with new features and ease of use. However, it hasn't broken Microsoft's PC dominance. Evidently Microsoft thinks it's now safe to pull the plug on 98 because, from Tuesday July 18th 2006, support will no longer be available for this OS. An estimated 50 million users will be affected.

So, what can they do? Well, they could do as Microsoft hopes, and buy Windows XP. This might not be a good move because, like most "modern" software, it's a resource hog and may not function properly on what is often called "legacy" hardware.

Then again users could do as Microsoft fears and switch to Linux. There is a confusing selection of Distros (distributions) to choose from. Many will work on older computers. Whilst they are usually free to use, technical support might have to be paid for. One would have to learn to use this new technology but I don't believe it's any more complicated than learning Windows XP and it's more stable and secure. Then one has the option of buying a new computer that runs Window XP. Computer hardware has never been cheaper and may never be as cheap again. It is this outcome that Microsoft is hoping for. They've introduced a ten year support policy, not applied to Windows 98, which means that one can use XP, safe in the knowledge that there will be support for another five years, unless they change their mind again. By that time they may even have fixed most of the bugs in Vista.

Finally, Windows 98 users do have the option

of doing nothing. If the machine that runs Win98 doesn't connect to a network (the Internet) there is no reason to need further updates. Most of these were related to security flaws in Internet Explorer anyway.

If one does want to use a Windows 98/SE/ME machine to surf the WWW then the usual precautions are needed. Install and properly configure a firewall like Zone Alarm. Use an up-to-date anti-virus program; AVG or Avast. Also use anti-spy programs: Ad-Aware and Spybot S&D. Stop using Internet Explorer and switch to Mozilla Firefox or Opera. Putting aside the security issues they have more features and you'll like them when you get used to the change. None of this need cost a centime.

The only disadvantage with this scenario is that hardware manufacturers will no longer supply drivers for these "obsolete" operating systems. So, all the features of your brand new printer will probably not work. There may, also, be problems with newer software - games particularly.

My preferred option would be to buy a new computer. They really are cheap! If cost is an issue then take the Linux route. If you don't like it, you can always go back to Win98 and live with driver problems and the "Blue Screen of Death."

Choices, choices! I'm going to the beach. I try to remember that there is a world away from computers. Have a good summer.



Any questions?  
graxwarrior@wanadoo.fr  
or leave a message with the CBJ:  
02 96 21 52 21

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Office Supplies Stationery Printers  
Fax machines Photocopying  
ZAE du Pôcher, Carhaix (near McDonald's)  
Tel: 02 98 93 04 10 Fax: 02 98 99 13 06



## Website Workshop

*Last month we looked at the increased use of modern routers, this month we find out how to get the best result from your favourite Search Engine.*

**Q - What exactly is a Search Engine?**

A - A Search Engine is a web-based system for searching for information available on the Internet - it's a sort of catalogue of the information found on the web pages on the Internet. Using keywords, search engines help a user locate their target information; some examples of the most popular Search Engines include (but are certainly not limited to) Yahoo, Google, Alta Vista, Lycos & Excite.

**Q - What is a keyword?**

A - A "keyword" or "keyword phrase" is the word or words a person types into the search box of a Search Engine to look up information on that subject. For example, if you were looking for a DVD you would type in the film title or the actors that starred in it. The Search Engine then queries its database, looking for the word(s) you entered and returns the results in order of relevance of what it thinks you are looking for.

In a well designed website there should be a keyword metatag within the HTML that lists the keywords which best describes its purpose. If you are building a website, it is important to think carefully when choosing your keywords; for example, if you plan to sell only gite holidays in Brittany, you wouldn't include keywords like "Aquitaine", "Provence", "Normandy" or "hotel" and "camping". In other words you would just use words relevant to your market.

**Q - How does the Search Engine collect all this information?**

A - Search Engines use automated software programmes called spiders or robots that crawl the Internet looking for web pages and related information. These spiders find and classify websites and then keep references to them indexed in its search engine databases.

**Q - How do Search Engines find websites on the Internet?**

A - The spiders, while crawling the Internet, look for links within websites; they go from one link to another and another, visiting countless websites. From each of these sites it collects or updates the information relevant to the website.

Alternately, notifying the presence of your new website can be achieved by submitting your site's to the Search Engine. Once submitted to a Search Engine, its crawler will visit your site and collect the necessary information.

**Q - Why do different Search Engines give different results?**

A - Search Engines differ slightly in the way they collect,

store and display information. The number of websites indexed in its database can also vary. In addition, the search engines have different criteria for sequencing and ranking the websites - all these differing criteria combine to provide differing results on different search engines.

**Q - So how do I search?**

A - To perform a search, simply enter the term or terms you are searching for and click on the 'Search' (or equivalent) button. For example, searching for 'cricket' will return websites the Search Engine thinks are relevant to your search that contain the word 'cricket' somewhere in the site's title, description, web address or in the body of the page. Searches with multiple terms are automatically treated as if an 'and' had been inserted between all the words unless another operator had been used. This causes only sites containing all of the search words in them to be returned. It is not necessary for these words to be found next to each other. For example, a search on 'cricket bats' will return websites that contain both 'cricket' and 'bats'. It's also good to be aware that sometimes the order of the search terms has an effect on the results.

Also, the search term you choose is likely to be the root of other words. For example, the word 'test' will be the root of 'tests', 'tested', 'tester', 'testers' and 'testing'. Using phrase searching can greatly reduce the number of websites that are matched by a search. To force multiple words to be treated as a phrase you should enclose the search terms with double quotation marks. For example, if you searched for "Tour de France" you would get only those sites containing all three words "tour", "de", and "France" - in that order. Searching without the double quotation marks will produce results with all the words but in any order.

*Next month: The difference between a good and bad website.*

You can contact Malcolm on malcolm@practicalnet.com or see www.practicalnet.com for more information

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Once upon a time there lived an Enchanter and an Enchantress. They had no children, and it was their dearest wish to have some. One day the Enchanter was out hunting in the forest, when he saw a deer suckling two little children. The animal fled as soon as she saw the Enchanter, and he took up the two children and carried them home with him to his castle.

"See wife, what I have found in the forest," he said.

"Oh, two dear little children," cried the Enchantress. "You shall take care of the boy, and I will have the girl."

So they brought up the two children, in the way each thought best. They taught them many strange things, and the girl, who was cleverer than her brother, remembered everything she was told.

The Enchantress soon took a dislike to the boy whose name was Arzur. The girl was called Azénor, and growing afraid for her brother, whom she loved dearly, she went to him.

"We are brother and sister," she said, "but we are not the children of the Enchanter and the Enchantress. The Enchanter found us in the forest, suckling a deer, and carried us home to his wife. She wishes you ill, and longs to be rid of you. She will set you very difficult tasks, which you must carry out or lose your life. But do not be afraid; do everything I tell you, and all will be well – I have read all of her books of magic and I know them better than she does herself."

"Tomorrow she will give you a wooden axe, and tell you to chop down a forest that covers over a hundred journeaux of land. What is more, you must make all the wood into spoons before sunset, or you will lose your life."

"But do not fear; take this wand and when you are in the wood strike it against the trunk of an old oak which is over a thousand years old, and which stands at the end of a great avenue, with these words – 'By the power of my wand, old oak, cut yourself down!' The oak will immediately fall down onto the tree beside it, and that will fall onto the tree beside that, and so on until the entire forest has been felled."

"At midday the Enchantress will come to you, and when she sees all the felled trees she will not be pleased. She will tell you that all the wood must be made into spoons before sunset, or you will lose your life. As soon as she is gone, touch the trunk of the old oak with the tip of your wand and say, 'By the power of my wand, let all this wood become spoons', and your wish will immediately be carried out."

The next day everything fell out as Azénor had predicted, and Arzur set off for the forest with his wooden axe. He was very anxious, in spite of his sister's words, and when he found the oak tree he looked at it for some time without daring to strike it. At last he plucked up courage and as soon as he had uttered the magic words the old oak fell down onto the tree beside it, and so on and so on, until the whole forest lay on the ground.

Arzur went whistling back to the castle, very pleased with his work.

"Well?" said the Enchantress, when she saw him. "What are you doing here?"

"I have finished," he said calmly.

"You are lying – it is impossible."

"Come and see if you don't believe me."

The Enchantress followed him, and when she saw all the fine trees on the ground, she was very angry.

"Oh unhappy day," she cried. "All my beautiful trees! But I told you to make them into spoons."

"Yes, but you gave me until sunset. Do not fear – you shall have your spoons by supertime."

The Enchantress left, still grumbling, and as soon as she was gone Arzur struck the old oak tree with his wand and said:

"By the power of my wand, let all the wood become spoons."

Immediately the branches and trunks changed into spoons, and soon a mountain of spoons reached up to the sky.

When the sun began to set the Enchantress returned.

"Oh, unhappy, unhappy day!" she cried. "My beautiful forest made into spoons! And what am I supposed to do with them all?"

"I only did what you commanded," said Arzur. "You asked for spoons, and I hope you have enough there for the rest of your life."

"You must have been helped with this; you could not have done it alone. But I will set you another task tomorrow, and you shall not succeed so easily."

The next day the Enchantress called Arzur to her.

"The Enchanter and I are going away for a few days, and we are taking Azénor with us. We must cross an inlet of the sea and as we have no vessel you must build us a bridge out of feathers. If it is not ready in time, you must die."

Arzur went to tell his sister about his new task.

"This is what you must do," said Azénor. "Tomorrow I will say I am unwell so that I can stay behind. They will take you with them in their carriage. When you get to the sea, strike it with your wand and say: 'By virtue of my wand, may a bridge of feathers appear, so that the carriage can cross over.' When the bridge appears the Enchantress will ask you to come with them. Do not accept, but hurry back to this castle as soon as they are on the bridge. Then we will escape together."

The next day Azénor said that she was indisposed, and stayed in bed. The Enchantress was angry, but she set off with the Enchanter and Arzur.

When they arrived at the sea, Arzur struck it with his wand and repeated the magic words. Immediately there appeared a beautiful feather bridge.

"He has become an Enchanter," thought the Enchantress. "He must have found and read my little red book – it is high time we were rid of him. He shall come with us onto the bridge, and we will throw him into the sea."

The Enchantress pretended to be pleased, and asked Arzur to walk on ahead, to show them the way.



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"No, I will give you the honour of being the first to cross my beautiful bridge," said Arzur. "But I will follow close behind."

As soon as the carriage was on the bridge, Arzur struck it with his wand and cut it off from the land; this done, he ran home to his sister.

"Let us be off at once," said Azénor. "They will soon be back. But first we must silence the big bell that hangs in the highest tower. It can be heard for 700 leagues around. Its rope is tied to the foot of the Enchanter's dromedary, and he rings it to warn his master when anything is wrong."

They ran to the bell and stuffed it with soot and carpets, and then they filled their pockets with gold and precious stones. Next, they mounted the two best horses in the stable:

"I have forgotten an important thing," said Azénor. "Run back and fetch the curry comb, the brush and the wisp, which are used for grooming the horses. We will have need of them."

Arzur obeyed, and at a special word the horses rose up into the air and set off as swiftly as two birds. They had to travel seven hundred leagues to escape from the Enchanter's dominions. Once they had crossed the border he would no longer have any power over them.

When they had travelled five hundred leagues they heard the bell. The dromedary had tugged so hard at the rope that the soot and carpets had fallen out.

"The Enchanter and Enchantress will soon be after us," said Azénor. "Fortunately we have got a good start on them."

The Enchanter and the Enchantress had rushed home at the sound of the bell. They went to consult their books of spells, but Azénor had taken them all, save one, which was not the best.

"Mount the dromedary, take the greyhound, and try to bring them back," said the Enchantress to the Enchanter. "They are flying through the air, but they will come back to the ground. At about five hundred leagues from here you will see a beautiful spring. It is paved with golden stones, and the rim and the roof are made from silver stones. At the bottom of the water are two golden frogs. These frogs are Arzur and Azénor; the horses have been changed into the water in the spring, and the gold and silver stones which they carried away have become the gold and silver stones and the leaves of the trees growing round about. Leave now, and do not come back without them."

The old Enchanter set off, mounted on his dromedary, which went as fast as lightning, and followed by his greyhound.

At the same time Azénor said to Arzur:

"The Enchanter and the Enchantress have returned home, and are very angry at our flight. They are particularly angry about the disappearance of their spell books. I can hear the Enchantress telling the Enchanter to follow us – she says that he will find us changed into two golden frogs, at the bottom of a spring. But I will make him forget her advice. He is travelling faster than us – turn round and see if you can see him."

"I can see a greyhound in the distance, travelling like lightning. He is followed by the Enchanter on his dromedary."

"Then let us return to the ground."

As soon as they touched the earth, their horses were changed into a spring, their treasure into gold and silver stones and yellow and white leaves, and themselves into two little gold frogs.

A moment later the Enchanter arrived. He stopped in wonder before the beautiful spring, which he had never seen before, and dismounted to admire it.

"How beautiful!" he exclaimed. "I did not know I had such a wonder in my domains."

Next he saw the golden frogs at the bottom of the water.

"Oh what pretty little frogs – they look as if they were made from gold. I will take them home for my wife."

He stepped into the water and tried to catch them, but they always slipped through his fingers. At last he grew impatient and decided to return home.

When his wife saw him coming back alone she cried out:

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"What? Couldn't you find them?"

"No, I did not see them," said the Enchanter.

"That is your own fault; but did you see anything unusual?"

"Oh yes indeed – I saw a fine gold and silver spring, and two little golden frogs."

"Did you forget what I told you?" cried the Enchantress. "They were the frogs, and you were not to come back without them!"

"Goodness – I forgot everything you told me," said the old Enchanter.

"Well, hurry after them. This time they will have turned their horses into two handsome trees; their gold and precious stones will be the leaves, and they will be two little birds, singing in the branches. Remember what I told you, and bring them back to me."

This time the old Enchanter set off in the form of a cloud.

"I can hear the Enchantress scolding the Enchanter," said Azénor to Arzur. "She is telling him what we will change ourselves into, but I will make him forget her words. Look back and tell me if you can see him."

"I can see a great black cloud that is catching up with us," said Arzur.

"Then let us return to the ground."

The moment they touched the earth their horses became trees, their treasure gold and silver leaves, and they themselves became two little birds, singing sweetly in the branches.

The cloud arrived and the Enchanter said to himself: "These are the trees my wife described to me." However, when he returned to earth he was so delighted by the birds' song that he stood listening to them open-mouthed, and quite forgot his wife's advice.

At sunset he returned home.

"What?" cried the Enchantress. "Why are you alone?"

"I did not see them," said the Enchanter in confusion.

"Did you see anything unusual?"

"No – except for two trees, and two birds that sang so sweetly. I have never heard anything so delightful."

"But that was them! I told you! You are a poor enchanter; I shall go after them myself and I shall bring them back, even though they have almost left our dominions."

To be continued.

The Two Golden Frogs is re-told from a traditional Breton Story.

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## Eco-Gardening

To mark the environmental theme of this issue of the Journal, this month's gardening column looks at the new trend towards eco-gardening.

The idea of eco-gardening might seem slightly unusual, especially as most people would consider that all gardening is essentially an ecological activity. However, something very strange started to happen in the world of gardening around a hundred and fifty years ago. There has always been a slightly competitive side to gardening - it seems to be human nature to want one's own garden to be at least as good as, and, if possible, slightly more attractive, than one's neighbour's - and this competitive element found an outlet amongst aristocratic gardeners who vied with each other to introduce new plants from around the world into their gardens - especially in the UK, but also across the whole of Europe.

Plant collectors could make a good living by voyaging to a distant island or remote corner of Africa, Asia, or South America, and returning with seeds or samples of a previously unknown flower or shrub which was then given pride of place in the garden of a stately home.

Over the space of fifty or sixty years the gardens of the richest people in society were transformed into exotic displays of foreign plants, many of which were being made to grow at the extreme of their geographic range and which therefore required enormous pampering in order to survive.

Naturally, normal gardeners felt slightly envious of these trappings of luxury, and the once rare foreign plants soon started to find their way into the gardens of ordinary people. Businessmen found that there was money to be made from breeding and selling a whole range of flowers and shrubs that, traditionally, had never been part of European gardens, and it was not long before towns and villages across Europe were full of rhododendrons, azaleas, leylandii, mexican orange blossoms, chamelias, fuschias, large flowered clematis, palms and eucalyptus. In fact, in some areas, plants that for hundreds of years had been the staple components of the village garden, almost disappeared.

### Time for a Change

The universality of foreign and exotic plants in the modern garden undermines the original motivation for introducing them. They no longer have a novelty value, and no longer excite the interest and amazement of friends and neighbours in the way that they did when they first arrived. Inevitably, therefore, people are looking for something new to do with their gardens, and naturally enough, many people are turning to the old plants and the old methods, which are now associated with an almost idyllic age of gardening.

### The Perfect Garden

People who have only ever known suburban gardens consisting of a patch of lawn surrounded by flowering shrubs and herbaceous perennials, are now discovering that the traditional cottage garden was almost infinitely more varied and exciting than they had ever imagined.

A typical Breton garden, for example, would have been laid out so that the most valuable and important plants were closest to the house, and in particular, closest to the kitchen door, while other less used or more robust plants were further away. Thus, beside the house there would have been a bed of culinary herbs - thyme, mint, sage, parsley, rosemary, etc. - perhaps together with plants prized for their medicinal properties. Next to them would have been the vegetables - potatoes, leeks, onions, peas, carrots, cabbages, lettuces, beans, etc. - close enough to the house to be watered and weeded regularly and protected from depredation by wild animals. Close to the vegetable garden, would have been fruit trees - apples, pears, cherries, plums, and perhaps peaches - and nut trees, especially walnut, chestnut and hazel nut. In all probability there would have been a grape vine, and there would have been fruit bushes - gooseberries, red currants, black currants, raspberries, etc. Most houses would also have had small fields running on from the garden in which were grown wheat, barley, buckwheat and other cereals. In some corner of the plot there may well have been room for a hive of bees and perhaps chickens or geese. Many gardeners would also have been growing cold-sensitive crops such as

tomatoes, peppers, squashes, etc. in a sheltered corner of the garden

Throughout the whole garden, and in particular close to the house, there would have been selected varieties of shrubs and flowers local to the area - roses, foxgloves, lupins, marigolds, poppies, hollyhocks, etc. - providing colour throughout the year, and, of course, there would have been places to sit and places for children to play.

As well as being aesthetically pleasing, this sort of garden is extremely eco-friendly: native plants do not have problems in surviving in local conditions, and do not, therefore, have to be treated with chemicals, and, because the garden produces a crop of healthy produce, it helps to reduce the demand on the environmentally-damaging supply-chain that keeps the shops stocked with food.

Another, perhaps less obvious, advantage of the eco-garden is that it is not something that can be created overnight: traditional varieties of fruit trees and nut trees take decades to reach maturity; it takes time to gather a good collection of local shrubs and flowers, years of care are required to return garden soil to its highest possible level of fertility, and it takes time for birds, insects, and wildlife to recognise that a garden has become a natural haven in which they can feel safe. This means that the eco-garden is not something that gives pleasure just once, when it is first created, but it continues to give pleasure with each new season, as it gradually develops and matures with the passing of the years.

Regular picking is one of the secrets to having a good crop of vegetables throughout the Summer. For instance, a much larger courgette crop can be had if the courgettes are picked small, rather than left to grow into marrows - when the plant only bothers to produce a few. And French beans must be picked every other day, if you want the plant to keep supplying you with a constant crop of tender young beans.



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# Mr. Biznuz

## The importance to business of a good system of regulation.

It is often assumed that business and regulation are somehow at odds with one another, and that in order for business to do well, regulations have to be relaxed.

In fact the reverse is the case - business needs a fair regulatory structure within which to operate, and relies upon the government and the community at large to formulate a set of rules that everyone has to follow.

These rules ought to be such that all businesses are required to operate in a responsible manner, work within the law, and cause no harm, and that, consequently, the businesses which do well are those which provide the best service to customers and which are the most efficient and well-managed.

When such rules are not in force it becomes possible to build a business by generating short-term profit at the expense of causing long-term damage either to the environment, employees, or customers. This can seem very attractive at the outset of a business initiative, but the lack of proper regulation inevitably makes any business built up in this way vulnerable to being undermined by other businesses who are even less scrupulous than themselves.

The local poultry industry provides a topical example of this phenomenon: over the past few decades farmers who traditionally sold surplus produce to local shops have been driven out of the market by commercial enterprises, who succeeded in passing off poultry and eggs produced in industrial-style units as being equivalent to traditional farm produce, without being made to pay for the long-term health and



environmental cost of their activity. If proper regulation had been in place, this could never have happened.

Now these commercial poultry enterprises are themselves under threat from businesses based in other countries, and which, allegedly, pay their employees even less and treat their animals even worse than they do.

When building a business in an environment where regulation is weak, unfair, or inconsistent, a business person is advised to keep their business small and to concentrate upon educating their customers on the true value of the products and services that they offer; this allows them to charge a fair price, which makes it possible for the business to prosper.

*Next month: The importance of good qualifications to getting ahead in business.*

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B & B contd. from page 31

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Building and Property Services contd. page 33

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*For Sale cont'd. page 36*

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Classified contd. page 38

For Sale contd. from page 37

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For Sale contd. from page 35  
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For Sale contd. page 37

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## 38 Building & Property Services

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## Building & Property Services 39

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Translation & French Courses  
contd. page 40

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## 40 Building & Property Services

Translation & French Courses cont'd. from page 39

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## Building & Property Services 41

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27 year-old English girl, moved to Finistère 2 years ago with family and struggling to meet girls around own age to socialise with! Is there anyone else out there.....Interests are normal girly things (music, fashion, animals etc). Basic French only I'm afraid, but I do try. Please send replies to CBJ, BP4, 22160 Callac and mark back of envelope August 01.

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## 42 Property

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## Property For Sale 43



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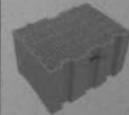
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## Breton

*Bramble:* Drezenn

*Blackberry:* Mouarenn

## French

*Bramble:* ronce

*Blackberry:* mûre

someone without a garden, or with no gardening skills whatsoever, can still enjoy the wonderful taste of fresh fruit, and the bounty with which Nature feeds its creatures.



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