

# Central Brittany

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Journal

Feb. 2007

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ISSUE 32

Recipes

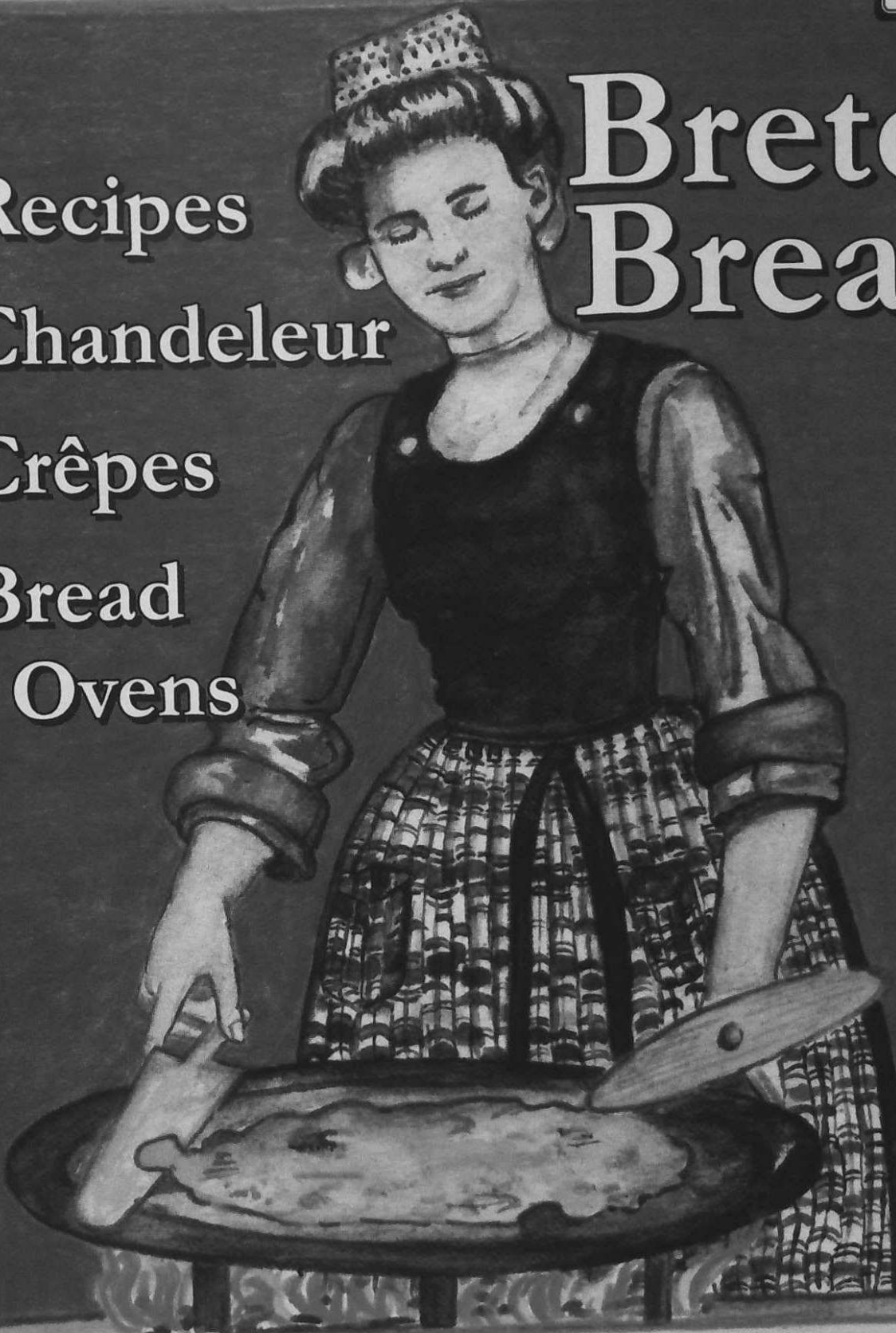
Chandeleur

Crêpes

Bread

Ovens

## Breton Bread



2 Recipe: Drop Scones

# Bread Recipes: Drop Scones

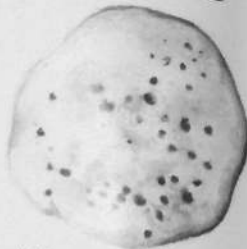
*Ingredients:*

- 1 egg
- ½ pint (275 ml) milk or water
- 8 oz (225 g) plain flour
- 1 teaspoon baking powder
- 2 oz (50 g) sugar
- 1 teaspoon cream of tartar\*

\* Available in shops selling British products

*Method:*

1. In a medium-sized bowl, beat the egg with the milk or water.
2. Sift the flour and baking powder into a bowl. Mix in the sugar. Add the cream of tartar and beat the mixture well to form a thick batter.
3. Lightly oil a heavy frying pan or griddle and place over a moderate heat. When the pan starts to smoke, drop individual tablespoons of the batter onto it to form separate drop scones.
4. When bubbles form on the surface of the drop scones turn over, using a fish slice.
5. Cook until both sides are golden. Serve hot.



Half-cooked drop scone ready to be turned over



Cooked drop scone

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**Red Lentil  
Dosas**

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## AGRICULTURE: Sheep Farming: Collorec

Lin and Barry Bowden are long-term residents of Central Brittany, moving to the area over fifteen years ago, after a successful career in farming in the UK. They bought their sheep farm outside Collorec 8 years ago, and since then have been concentrating on the production of organically-reared lamb, and sheep's wool.

The sheep are kept outdoors and feed on grass, in fields that are not treated with chemical fertilisers, pesticides or herbicides. In addition, the sheep are not given antibiotics, but, when necessary, are treated with homeopathic remedies.

Lamb from the farm is now sold on markets in Carhaix, Hennebont, and Lorient. Lin is still exploring ways to make best use of the wool produced on the farm; she hopes to be able to start spinning it into yarn before long, and is also interested in the possibility of selling it as an insulation product.

More info: 02 98 73 94 58



Above: Barry shears the sheep himself. He has used the fleeces as insulation on his own buildings and is able to testify to their remarkable heat retention.

Left: Barry and Lin keep Poll Dorset Horn



## Home Insulation: Wool

Most people are aware that when designing a home for maximum energy efficiency, insulation is as important as the source of heating. Unfortunately, however, the production of many commercially-available insulation products involves high levels of energy consumption, and the products themselves are often unpleasant to work with.

For these reasons sheep's wool is becoming a popular product in home insulation; advantages include:

**Proven effectiveness:** Wool has been designed by Nature to provide the maximum possible heat insulation.

**Fire Resistance:** When packed tightly, wool is remarkably resistant to fire - it emits CO<sub>2</sub> when burning which inhibits the spread of fire.

**Rodent Resistance:** People who have used wool to insulate their homes consistently report that mice and other rodents do not find it attractive and do not make nests in it.

**Low Environmental Impact:** Sheep's wool has the lowest-possible environmental impact, particularly if bought from a local source, and from organically-reared, free-range sheep. It is one hundred percent renewable and, if the sheep from which it comes are well-managed, its production actually has a positive effect upon the local environment.

## Editorial

It was just a couple of weeks ago that we hit upon the idea of doing a feature on Bread and Crêpes, and since then I have been surprised by the wealth of material on the subject, which has expanded to fill every available square inch of this month's issue. This region still has a vibrant bread-baking industry and, in addition, has succeeded in preserving its own unique culinary tradition of buckwheat crêpes.

Last month's feature on the life of a peasant struck a chord with many people, and it seems that quite a large proportion of readers do, in fact, combine growing their own vegetables, cutting their own wood, etc., with some other sort of business activity. This month we have features on several such imaginative businesses including Lin and Barry Bowden's sheep farm, Phil Steven's jewellery business, and Allan Kirton of Phoenix Workshop in Maël Carhaix.

February and March are sometimes quite difficult months for people in Central Brittany - the cold Winter weather seems to drag on with no apparent hope of a new Spring - if anything, things are worse than usual this year, with many local people being quite despondant about the forthcoming presidential elections. There seems to be a general feeling that none of the candidates have grasped the nature of the problems facing this region, and that none of them are putting forward any realistic solutions. As editor of the Journal, I can report that this pessimistic mood is not shared by people moving to the region from outside. The Journal now has subscribers on four continents, and each month we have difficulty finding space for all the new businesses that want to set up here - which must be signs that economic recovery is on the way.

GL

## Central Brittany Journal

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## Advertising:

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Deadline for classified ads: 20th of the month.



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6 Hairdressing College

**Hairdressing College - Lycée Montbareil, Guingamp**

Last month's item about the hairdressing college in Guingamp attracted a lot of interest. The college has now reopened for the Spring term and appointments can be made by ringing: 02 96 44 19 58. There are approximately 28 second-year students; they cut both men and women's hair. Prices start from 7€ for a cut, 15€ for a perm, and around 25€ for colouring.



Beauty therapies are also available. Payments go to the college to cover basic costs, and the students obviously appreciate tips if the clients are pleased with the service that they have received!



**Artist in Caurel**

When visiting Caurel, why not drop in and see local artist Peter Johnson. His premises, 'Corn er Roc'h', 74 Roc'h Hell, are just four doors up from Chez Winnie. He has a permanent exhibition of his work in his studio, and space to exhibit the work of other artists. He is also available to help aspiring artists by giving advice or lessons, or simply by making space available for them to work in his studio. **'The Garden Shed'**: Peter will be having an open house - the Garden Shed - in his studio on Friday 9<sup>th</sup> February from 2 pm onwards, for any men who miss the convivial atmosphere of the local pub. Call in for a chat and a drink. More info: 02 96 26 05 94



**Pictures of the Month**

Left: Sunset at lake St Michel near Brennilis. Mrs Celia White, Carnoët  
Below: 'La Vallée', a small lake which feeds a newly-renovated flour mill, St Jacut les Pins. Roy Holmes



Please send pictures of the month to Wendy at [chj222956@aol.com](mailto:chj222956@aol.com)



Business Relocation: Phoenix Workshop 7

**Business Relocation:**

One of the keys to economic regeneration is the ability to attract new businesses to the area. In this new feature, the Journal reports on businesses that have chosen to relocate to Central Brittany.



**PHOENIX WORKSHOP**

Allan and Maria Kirton have relocated the workshops of their kitchen and furniture business from Cornwall to Central Brittany.

Allan specialises in producing high-quality kitchens individually designed to meet the need of each client. Each unit is made to measure and is one hundred percent wood. Customers can choose from a selection of top-quality woods including Canadian pine, oak, elm and ash. Kitchens from Phoenix workshop are a little more expensive than the off-the-peg, mass produced versions, but, Allan insists, are better value for money over the long term. Reasons cited for moving the production side of the business from the UK to Brittany include the greater availability of affordable business premises. Allan and Maria have purchased a factory unit in Maël Carhaix that was originally used as a bread factory. Their new premises give them 400m<sup>2</sup> of space which will allow room for a showroom in addition to the workshop - something that was not possible in their UK premises. Visitors welcome. For information call: 02 96 24 79 82 / 0779 10 33 883  
29 rte de Rostrenen, 22340 Maël-Carhaix



Above: Allan & Maria Kirton & Son at their new premises in Maël Carhaix. Left: examples of Phoenix Workshop kitchens fitted in homes in the UK.

**La Ferme Kerveguen**

**~ Bara Bio**

Yeun Le Gall started organic cereal production at his farm at Kerveguen, near Quimper, twenty five years ago. The limited market for organic grain at that time led him to build his own flour mill, which now produces the well-known 'Ferme Kerveguen' brand of organic flour.



The Flour Mill



One of the stone grinders

contd. page 8



## Rendezvous, Callac 3<sup>rd</sup> Feb 2007 RENDEZVOUS CAFÉ & BAR

Darren and Linsey Widd would like to invite CBJ readers to the opening of 'Le Rendezvous', Callac on Sat. 3<sup>rd</sup> Feb at 7pm. There will be a free glass of wine and snacks, and the bar will stay open until 1am.

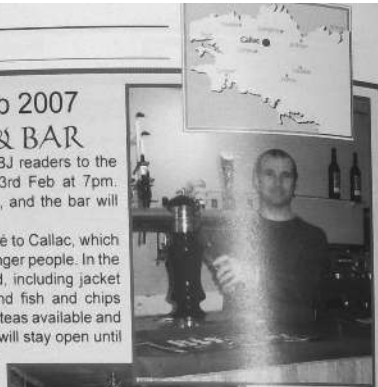
Le Rendezvous aims to bring a new style of café to Callac, which Darren hopes will be of particular appeal to younger people. In the daytime snacks and light meals will be served, including jacket potatoes, sandwiches, toasties, baguettes, and fish and chips once a week. There will be a range of speciality teas available and Italian coffee. In the evening, the Rendezvous will stay open until 11pm on weekdays and until 1am on Fridays and Saturdays. Draught Guinness, Bitburger and Murphy's Irish Red will be on tap.

There are two broadband internet posts, and Wifi, a range of new and second-hand books for sale and a video projector which will be showing Sky Sports.

In summer, there will be a terrace with tables and chairs in an enclosed courtyard.



Rendezvous Café & Bar 10 rue de Tréguier, 22160 Callac 02 96 45 92 74  
(rue de Tréguier is off the main square in Callac, beside the old Hotel Montfort.)



BaraBio cont'd. from page 7



**Left:** flour coming through from the milling machine and being bagged ready for delivery to the bakery.

**Right:** Inside the bakery prior to baking.



Yeun also founded a bakery, beside his farm, giving customers the opportunity to buy bread made from grains that were grown, milled, and baked on the same premises.

The 'Bara Bio' bread produced in the shop has become increasingly popular over recent years, and two years ago, Yeun passed the

cont'd. page 10

www.theobj.com

## News & Services

### Proposed New Internet TV Channel for Brittany

Paul and Ella Blackaby have recently moved to Brittany, (nr Bulat-Pestivien dept 22) and are planning to set up an Internet TV channel looking at Brittany, its people, the arts, culture and local businesses.

The channel will be both for the people living here and the visitors, and will feature interviews from restaurateurs, shop owners, hoteliers and people running chambre d'hotes.

Paul has over 25 years in UK television production worldwide and several years with TV in the music business, and the couple have recently completed a commission to produce programmes for a television station in St. Petersburg, Russia.

They are converting a barn on their land into a small studio and editing facility and will plan to start filming within the next few months.

They are looking for business partners for the new channel (serious entrepreneurs) within the areas of sales and marketing, and computer software for streaming video. Also wanted will be male and female presenters speaking both French and English.

The channel will start as an Internet format for anybody to view, and if their plans go well, hopefully, a freeview satellite service will follow.

Paul and Ella will be looking for content for their programmes and would like to hear from anyone who has ideas to offer tel: 0617 880 459

www.onsight-television.com  
paul@onsight-television.com

### Foster Families wanted: Golden Retriever Puppies

In the past the Journal has helped Un Enfant - Un Chien - an association that raises, trains and donates golden retrievers as assistance dogs to handicapped children - to find foster families for their puppies. They now have a new litter of puppies and are again looking for people prepared to share their lives with these happy dogs for a few months, in order to socialise them into the human world. All costs are met by the association.

More info: Dianne Brown 02 97 23 93 44 or Françoise Rannou 02 97 34 47 60  
info@1enfant1chien.org

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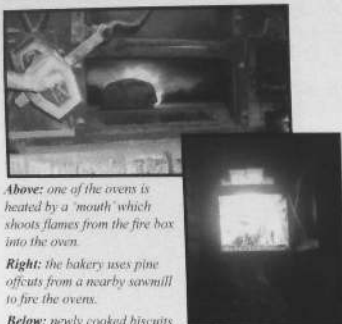
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Quote of the month:  
Carpe diem quam minimum credula postero.  
Capture the day,  
trusting the morrow as  
little as may be.  
Horace

BaraBio cont'd. from page 8



Above: one of the ovens is heated by a 'mouth' which shoots flames from the fire box into the oven.

Right: the bakery uses pine offcuts from a nearby sawmill to fire the ovens.

Below: newly cooked biscuits.



bakery on to Jan and Bénédicte, who now employ eight bakers and have two, large wood-fired ovens, producing a wide range of organic breads, croissants, pains au chocolat and biscuits. Their bread is sold in health food shops and organic coops across south-west Brittany and they also have a market stall in the covered market hall in Quimper. The on-site shop is open on Tuesday and Friday afternoons.

Tel: 02 98 59 60 56 www.barabio.fr

BaraBio, Kervéguen, Ergué-Gabéric

Directions: Follow signs from La Croix St André on the D15 between Quimper and Coray.



The Ligue ROC - an association for the protection of wildlife and for the defense of non-hunters - is campaigning for the removal of birds such as the thrush from the list of birds that can be hunted in France (see opposite).

www.thebj.com

## From Jerusalem Artichokes to Jewellery



Phil Stevens at his smallholding in Silfiac

Readers might remember a feature in the Journal in November 2005 on Phil and Hil Stevens and their smallholding in Silfiac. Now that the smallholding is up and running, Phil has branched out and is dedicating some of his time to his lifelong interest in making one-off, commissioned, pieces of jewellery.

Phil ran his own jewellery business in the UK for many years: famous clients include Mark Knopler, ex-lead-guitarist of Dire Straits, Brian Trubshawe, test pilot of Concorde, Stevie Winwood, the rock singer, Sir Peter Scott, and Prince Charles.



However, Phil says that he prefers making jewellery for ordinary people: 'It is all well and good making stuff for famous people and celebrities but, with all the money they have, they can buy anything they want; being entrusted to design and make somebody's engagement ring and a pair of matching wedding rings has always given me more of a thrill than making jewellery for celebrities.'



For more information about his work, call Phil on 02 97 27 64 18 or e-mail cyberbuddy@wanadoo.fr His work can also be seen on the community website: www.redmonkey.me.uk



Above, from top: Silver ring with a garnet stone, silver band holding a moss agate stone, silver band with oval iolite stone. Right: Silver ring with red zirconia stone.



## FranceConnections

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## Smoking Ban

In theory, a smoking ban is supposed to come into force in France on February 1<sup>st</sup>, with smoking being banned in all public places. The drinks industry has, however, won a concession from the government, and it has been decided that bars can provide sealed booths for customers who wish to smoke on the premises. In order to give bar owners time to install these booths, smoking will continue to be allowed until the end of the year....

## Hunting Issues

Several readers have contacted the Journal with concerns about the various types of authorised and unauthorised hunting that takes place over the winter months.

The numbers of hares and rabbits in Cotes d'Armor have declined dramatically over recent years. Hunting organisations have tabled a plan to reintroduce rabbits to the Argoat region, blaming disease and habitat destruction for their disappearance; groups opposed to hunting believe that hunting is at least partly to blame. There is also concern about the continued hunting of birds in France. The 'Ligue pour la Préservation de la Faune Sauvage et la Défense des Non-Chasseurs' - Ligue ROC - says that 65 different species of birds are hunted in France which is more than in many other European countries. The Ligue is particularly concerned about the safety of the thrush which is a protected species in Northern Europe but still hunted in France. The most effective way to help protect the local animals is to create a wild life refuge on your property.

For more information:  
 Ligue ROC, 26 rue Pascaq 75005 Paris 01 43 36 04 72  
 www.roc.asso.fr  
 Ligue pour la Protection des Oiseaux, BP 90263, 17305 Rochefort Cedex 05 46 82 12 34 www.lpo.fr

## Breton Proverb:

Red eo torrín ar genaouenn

Ewid kavoud ar vouedenn.

You have to break the nut to get to the inside.

See the Hazel tree: back cover

www.thebj.com

12 New Advertisers

**New Mortgage Service: Carhaix**

Paul Boussard of AGF insurance in Carhaix has linked up with Credit Immobilier de France to provide a new mortgage service in Carhaix. His representative will be in the AGF office every Thursday and will be available to answer enquires about loans for all types of property - houses, businesses, investment properties, and land. Mr Boussard will be available to help with translation, if required - call to make an appointment in advance. Tel: 02 98 93 20 48

**Pen an Haie Kennels**

Pen an Haie kennels in Motreff, near Carhaix, reopened on January 1<sup>st</sup>. The new owner, Julie Marmont, moved from Gloucester, in the UK, to take over the kennels, after a career in the civil service, and has wide experience of working with animals. Julie says that she has enjoyed several holidays in Central Brittany, and sees the kennels as an opportunity to combine work with pleasure. Pen an Haie has four dog kennels with a large run, and two large cat pens. See ad page 41.

**New Advertisers**

- Anglo Chaps** - Paul Eyre's computer repair business based in Pont Melvez. page 30
- SARL Kerlau Couverture**: Roofing specialists, renovations and new roofs. page 42
- Maison Direct**: estate agents covering Côtes d'Armor, Finistère and Morbihan page 35
- Stone Craft** Patio slabs and slate-effect wall blocks: page 46
- Kerhervé renovations**: a complete building service from Graham and Liz Platts page 46
- Gilles Le Picard** - specialist in Thai Yoga massage page 34

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Letters 13

**Letters**

**Treatment for Skin Cancer in Pets**

I would like to warn readers of the increase in skin cancer on cats and dogs with pink noses and ears, and also eye lids. It makes up 15% of cancers in cats and 5% in dogs and is most commonly associated with exposure to UV light and is most common on hairless, non-pigmented skin.

I took my cat to the vet the first week in September as I was worried about a small sore on her nose, thinking it could be a bee sting. I was told to do nothing and it would heal, I made four more trips to the vet as I could see it was spreading; antibiotics and cortisone were prescribed. At the beginning of December, I asked to see another vet and for a biopsy to be done. The result was cancer; I then needed to know where I could take my cat, but they had no real idea. I contacted Cambridge University Veterinary Hospital; they were so helpful and recommended the Paris Ecole Veterinaire Centre de Cancerologie. They said that Dr Devauchelle was the top specialist in the field.

Harriet had a five hour journey by train and taxi, she spent ten days there having radiotherapy. Dr Devauchelle said that vets were making his job impossible: if he can treat the animal at the first sign of a small sore, they have a good chance of success.

I am asking all vets to be aware: show as much care for our small animals as you do to horses and cows. English people love their pets like one of their family. I feel Harriet has been so let down. Vets bills are very expensive, and we need them to have the passion to keep up with all the new treatment that is available when we desperately need their help.

I am very happy to help anyone who may also be going through a similar experience.

Joan Minns, Tremargat

Enquires sent to Central Brittany Journal will be forwarded to Mrs Minns: cbj222956@aol.com 02 96 21 52 21

letters contd page 14

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9-12.30/2.38-6. Closed Mon. & Sun pm.

**Car Insurance Problems**

In response to the letter in the January issue. I don't know if Groupama responded, but we insured our car through them also at the Rostrenen office. We were given a time frame to change to French registration and duly applied. When we were contacted by the office we were given a short extension as the process was not quite complete. I have found the office to be very helpful but am not sure if they have an English speaker there. I think if a lesson is to be learned it is that it is important for people settling here to make sure they understand what is being said to them or to deal with an agency that has someone who speaks English. Either that or have documents translated. We cannot assume that things are going to be the same as in England and even there I would be wondering why I had never received a policy. I wonder if they were in fact taking the premiums from the bank. Presumably not. It is a shame to find this out the hard way.

J Curl  
We have still had no reply from Groupama on this point. Ed.

**Short Mat Bowls**

A new Club / sport is being started in Languidic (approx 30km South of Pontivy) introducing a sport that is very popular in England and increasingly so elsewhere..... Short mat bowls.

For those who have previously not indulged, it's very similar to indoor bowls (as seen on TV). However, it's played on a smaller mat with an obstacle in the middle to stop you "firing", and it's therefore suitable for village halls etc, of which there are plenty in Brittany.

Myself and a colleague are keeping in touch and will be attending the inauguration meetings etc. The main expense is the cost of the bowls; these may seem expensive but I bought mine 30 years ago, and when I sold them 3 years ago they were still in excellent condition and they fetched a good price. (And yes, this means I have to start again!)

This is a sport that all ages can play, men and women, handicapped and frequently infirm. It would be good for this to take off and even better if it can be extended throughout Brittany, thereby encouraging inter-club matches. Currently I am just outside Corlay, approx 30km North of Pontivy, and another Club there would seem a good idea.

If anyone is interested, please contact me, with a guide as to previous experience, and any existing kit.  
Terry Manuel  
02 96 29 48 40 email [terry.manuel@wanadoo.fr](mailto:terry.manuel@wanadoo.fr)

Please send letters to: Central Brittany Journal, BP 4 22160 Callac info@thebj.com

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**Internet Provision**

Just after New Year, we changed our Internet Service Provider and telephone provider to a company called Free.fr. From the minute we signed up to them, they took our telephone number and line from France Telecom, therefore cutting us off completely, phone and internet wise, for eight days. We got our internet line back after five days but it took them a further three days to connect our telephone. All this was without any word of warning, either by phone, email or anything. Meanwhile we had to go out and buy a mobile phone so we could contact our aged parents back in England to let them know we weren't dead, or whatever. Since we've had what they call their full service, we find that when we make telephone calls, more often than not, we get a dreadful echo on our side which makes it very difficult to concentrate on a conversation, and the internet connection drops incredibly often. For example, this morning I had to reboot the computer completely three times within 40 minutes while working on the internet. Worst of all, there is absolutely NO WAY you can contact them - they have several numbers, which take a lot of searching to find but they all link to an answer machine which doesn't work, we have emailed them and faxed them repeatedly without any response at all, and the service is so bad we are considering now starting again and going with someone else.  
Phil and Hil Stevens

**English-language Social Activities  
Guingamp?**

We have been living in Guingamp for 3 months and were fortunate to buy the Journal a few days after our arrival. It is so informative and are so pleased with the tradespeople, that we have used following the adverts. We are very content living in Guingamp and are very fortunate in having lots of wonderful neighbours, but sometimes we would like to join in some social English activities in the area, does anyone have any information on this subject?  
Margaret Coombe  
[david.coombe@tiscali.fr](mailto:david.coombe@tiscali.fr)

Please send letters to: Central Brittany Journal, BP 4 22160 Callac info@thebj.com

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**À la Chandeleur le jour croît de deux heures.**  
*At Chandeleur the day grows by two hours.*



# Breton Bread

One of the factors that distinguishes Breton agriculture from the farming that takes place in other parts of France, is the tradition of growing a significant amount of buckwheat; this in turn has led to Bretons developing a cuisine that uses buckwheat as one of its staple grains. The buckwheat crêpe (or galette) is a variation of a culinary tradition, that is common to many

Celtic areas, of cooking breads on a griddle on an open fire.

There are many variations in the preparation and cooking of the crêpe; a little wheat flour was often mixed with the buckwheat flour, so that the batter could be spread evenly on the griddle to give a thin crêpe that could be turned easily. Sometimes a thicker crêpe was carefully slit in half and filled with a layer of apple.

No one really knows why Bretons should have opted to grow so much buckwheat. There is evidence to suggest that the grain was grown here in pre-Roman times, but its use almost certainly died out during the Roman occupation.

Buckwheat starts being mentioned again around the time of the Crusades, this, together with its local name 'Blé du Sarrasin', suggests that it was reintroduced to the area by people who had travelled to the Middle East.



Left: visitors from the town were served crêpes cooked over an open fire when they attended fêtes in the countryside such as the Pardon de Saint-Jean-du-Doigt  
Right: abandoned bread ovens can be seen all over the countryside.

Buckwheat fits well into a crop rotation system, because it is quite a different plant from other grains - such as wheat, rye, oats, barley - which are members of the grass family. Its use during the Middle Ages is believed to have been favoured by the fact that it was not included in the feudal system of tithes, and its production was therefore effectively untaxed. There are reports of riots having taken place in Brittany when the authorities tried to change the tax system to include buckwheat.

Buckwheat does not lend itself to cooking with yeast and that is why one does not get buckwheat loaves. Brittany has never, however, been totally dependent on buckwheat, and there is an equally strong tradition of cereal growing and the baking of bread in the area.

Up until recently, Central Brittany was essentially rural and there were very few large towns, and, consequently, very few professional bakers. Instead, people baked their own bread in communal bread ovens that were situated within walking distance of their homes.

Tradition has it that these ovens were fired once a fortnight, and that on baking day each family baked enough bread to last them for two weeks. There are many examples of these communal bread ovens to be seen all over the countryside, and they demonstrate a wide variation in size and quality of construction. Some are small, evidently made of stones gathered from the surrounding area, and usually

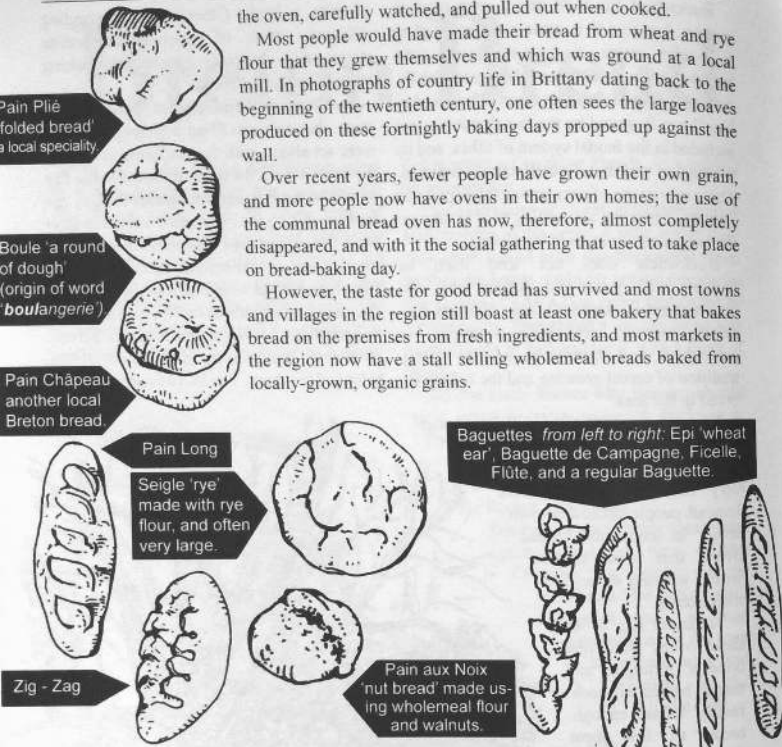
set into a bank. Others are free-standing structures made of specially-cut granite stones, and obviously capable of cooking large quantities of bread.

In every case, the principle of operation is the same: the oven was filled with faggots which were set alight, with the fire being vented by the open door at the front of the oven; the fire would be kept going throughout the day (or perhaps during the night prior to baking day) until the stones had absorbed enough heat to cook one or two batches of bread. People from round about would then arrive with their dough in baskets; it was traditional for people to cook large loaves, about two foot across, possibly to avoid confusion about which loaf belonged to whom. The loaves were placed in



BREAD OVEN  
KENDRAQUET,  
DUROD

18 Breton Bread



the oven, carefully watched, and pulled out when cooked. Most people would have made their bread from wheat and rye flour that they grew themselves and which was ground at a local mill. In photographs of country life in Brittany dating back to the beginning of the twentieth century, one often sees the large loaves produced on these fortnightly baking days propped up against the wall.

Over recent years, fewer people have grown their own grain, and more people now have ovens in their own homes; the use of the communal bread oven has now, therefore, almost completely disappeared, and with it the social gathering that used to take place on bread-baking day.

However, the taste for good bread has survived and most towns and villages in the region still boast at least one bakery that bakes bread on the premises from fresh ingredients, and most markets in the region now have a stall selling wholemeal breads baked from locally-grown, organic grains.

Baguettes from left to right: Epi 'wheat ear', Baguette de Campagne, Ficelle, Flûte, and a regular Baguette.



**Flour Types:** After the grain has been milled, the flour is passed through a sieve to remove a proportion of the bran and wheat germ. Different sized sieves are used to produce different types of flour. The ash content (after burning) is used to verify the type of flour e.g. T65 flour has 6.5% ash after burning.

- T55 White flour, used in pastry and in cakes
- T65 A light flour, equivalent to strong white flour in the UK.
- T80 Equivalent to 81% wheatmeal flour in the UK
- T110 Used for making 'Pain Complet', brown bread.
- T150 A heavy flour that contains all the bran, - 100% wholemeal.

*Ty Coz (right) in the main square of Callac is an example of one of the many family-run, independant boulangeries in the region. Bread is baked daily from fresh ingredients: and the shop has also won prizes for its magnificent flower display in Summer.*

Breton Bread 19



COOKING A CRÊPE...

POTATO COOKING A CRÊPE

Crêperie, Stival à L'Abri du Temps



Jacqueline Huet opened the doors of her new crêperie, L'Abri du Temps, just six months ago, fulfilling a lifelong ambition to run her own restaurant.

She serves traditional Breton buckwheat crêpes, wheat crêpes, and a local speciality, galettes de pomme de terre, made from a mixture of potatoes and buckwheat.

L'Abri du Temps is sited close to the centre of Stival, on the road from Pontivy to Guémené-sur-Scorff, and there is ample parking. In summer there is a terrace beside the stream.

Jacqueline, and her assistant, Sylviane, offer a warm welcome to English-speaking customers, and hope that they will call in to sample their traditional Breton cooking.

L'Abri du Temps, rue du Meunier, Stival. 0297 25 74 43  
Open: 12-2.30 and 7-10 pm. Closed Tues & Mon. eve.



# La Baleine

Gérard and Frédérique Munier first started baking bread in Central Brittany over twenty-eight years ago, in Glomel. They relocated the business to Kergrist-Moëlou fourteen years ago when Gérard designed and built his own wood-fired oven beside their home.

The oven was upgraded six years ago due to the amount of work required in firing up and cleaning out a traditional oven.



La Baleine is a rare example of a modern boulangerie set in the heart of the countryside. Customers are welcome to buy bread from the shop attached to the bakery, on Carhaix or Callac markets, or from health food shops in the area, such as Equilibre in Carhaix.

Open: Tues 6-8pm; Wed. 2-8pm; Thurs. & Fri. 7 am-8 pm.  
Tel: 02 96 36 55 20

La Baleine  
Kerbanel an Argoat,  
22110 Kergrist-Moëlou

Directions: Follow the road North out of Kergrist-Moëlou and La Baleine is signposted on the right.



**Above top:** cloth-lined, wicker bread moulds. The dough rises in the basket and is then carefully turned out and placed directly on the floor of the oven.

**Above:** The Baleine is open for business from Monday to Saturday.

**Right:** The new oven - a complex system of flues - ensures that heat is distributed evenly over the whole oven.

**Right middle:** Gérard uses an authentic 'paristen' to rise and prove the loaves.

**Right bottom:** La Baleine uses a variety of flours to produce breads ranging from traditional wholemeal loaves to white bread and brioches.

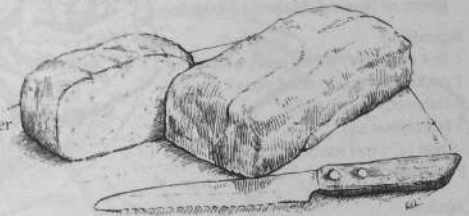
**Left:** Organic flour stone-ground from wheat and grains grown in Brittany.



## Bread Recipes: Pain Bouillie

This traditional French bread uses rye flour, and the 'porridge' made by mixing flour, honey and water is left overnight to ferment. This recipe makes 2 loaves.

*For the 'porridge':*  
8 oz (225 g) rye flour  
¼ pint (450 ml) boiling water  
1 teaspoon clear honey



*For the dough:*  
¼ oz fresh yeast, or half a packet rapid action yeast  
2 tablespoons lukewarm water  
1 teaspoon caraway seeds, crushed (optional)  
2 teaspoons salt  
12 oz (350 g) bread flour  
olive oil

1. Sift the rye flour into a large bowl. Pour the boiling water over it and leave to stand for 5 min. Stir in the honey. Cover with a cloth and leave in a warm place for about 12 hours.
2. Make a dough. Place the yeast in a bowl and stir in the water. Pour the yeast mixture into the 'porridge' and stir in with the crushed caraway seeds and salt. Add the wheat flour gradually, mixing first with a wooden spoon and then with your hands, until the mixture forms a firm dough.
3. Knead on a floured surface for 6-8 minutes, until smooth and elastic. Return to the bowl. Cover with a cloth, and leave to rise in a wooden place for 1½ hours, or until doubled in bulk.
4. Punch down the dough, and divide into two equal pieces. Roll each piece into a 15 x 4½ inch (38 x 12 cm) rectangle. Fold the bottom third up, and the top third down, and press the edges together. Turn over.
5. Brush one side of the loaves with olive oil and place side by side in greased 1lb loaf tins. Cover with a cloth and leave to rise in a warm place for 1 hour.
6. Brush the tops of the loaves with olive oil and, using a sharp knife, mark with one or two cuts. Bake for 30 min at 220°C (Gas Mark 7), then reduce the oven temperature to 190°C (Gas Mark 5) and bake for a further 20-25 minutes. Cool on a wire rack.

## Bread Recipes: Bagels

This classic Jewish bread is poached in boiling water. For variety, try topping with sesame seeds, crushed garlic or linseed. Makes 12 bagels.

**Ingredients:**

- 1 lb 4 oz (600 g) strong plain white flour
- 1 packet fast-action dried yeast
- 2 teaspoons brown sugar
- 1 tablespoon salt
- ½ pint (275 ml) warm water
- Poppy seeds

**Method:**

1. Sift the flour into a medium-sized bowl and add the yeast, sugar and salt.
2. Pour in the warm water and combine to make a soft dough.
3. Knead for 7 minutes then cover with a tea towel, and leave to rise in a warm place for 40 minutes.
4. Turn the dough out onto a floured surface and form into a long roll. Using a sharp knife, cut it up into twelve equal pieces. (Diagram 1)
5. Shape each piece into a circle. Insert your thumb into the centre of each one to create a hole (diagram 2) and place them on a floured tray. Set them aside, and leave them uncovered for another 30 minutes.
6. Fill a large pan two-thirds full of water and bring to the boil.
7. Preheat the oven to 220°C (425°F) Gas Mark 7.
8. Drop three bagels into the water and boil for 2 minutes. Turn them over and boil for another minute. The bagels should firm and puff up.
9. Using a slotted spoon, remove bagels from the water and drain for a minute on a wire rack with kitchen paper underneath. Sprinkle poppy seeds over both sides of the bagels.
10. Repeat the process with the remaining bagels, then place them on a greased baking tray and cook for 15 – 20 minutes. When the bagels are light brown on top, remove from the oven and transfer to a wire rack to cool.

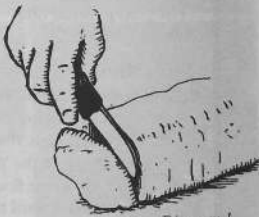
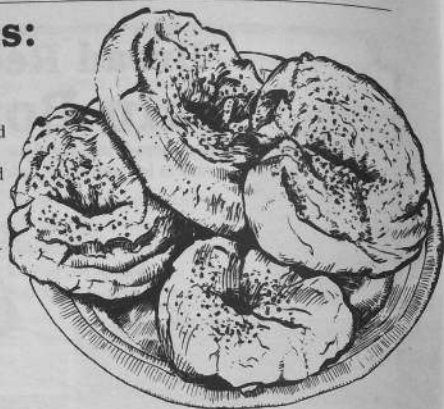


Diagram 1



Diagram 2

## Bread Recipes: Red Lentil Dosas

Dosas are naturally gluten-free pancakes eaten in Southern India. They are made with soaked lentils and rice, so begin a couple of days in advance!

**Ingredients:**

- 10 oz (300 g) long grain white rice
- 4 oz (125 g) red lentils
- 16 fl oz (500 ml) warm water
- 1 teaspoon salt
- 1 teaspoon turmeric
- freshly ground black pepper
- 2 tablespoons chopped fresh coriander
- oil for frying



**Method:**

1. Place the rice and lentils in a bowl and cover with the water. Leave to soak for 8 hours.
2. Drain off any excess water and put aside to use later. Blend the soaked rice and lentils in a food processor until smooth. Add the reserved water and blend again.
3. Put the mixture into a bowl, cover with a tea towel and leave in a warm place for 24 hours. During this time it should swell and harden and turn pink.
4. Stir in the salt, turmeric, pepper and coriander.
5. Heat a heavy-based frying pan over a medium heat for a few minutes until hot. Smear with oil and when it starts to smoke, add a small ladleful of batter. Using the rounded bottom of the ladle, gently spread out the batter into a circle.
6. Cook for a couple of minutes, until dry on top. Drizzle a little oil over the edge of the dosa, then turn over. Cook for another couple of minutes, until golden. Keep warm in a low oven while cooking the remaining dosas and serve warm.

*À la Chandeleur, grande neige et froideur.  
At Chandeleur, heavy snow and cold.*

2nd February - Pancake Day - La Chandeleur page 38





Once upon a time there lived a young man called Georgik. When he was only eighteen years old his mother and father died, and he was left all alone in the world. As he was brave and strong, he decided to set out and seek his fortune.

He passed through towns and villages, up hill and down dale, until one day he came to a gloomy castle in the heart of a forest.

"That does not look like a very friendly place," he said to himself, "but no matter I am weary of wearing out my shoes on the road. I will see if they have any work for me to do."

It so happened that the owner of the castle was in need of servants, and gave Georgik a warm welcome.

"You are just the young man I have been waiting for," he cried. "In my service you will get good lodging, good food, good wages and little work. In my stables I have a horse which I am very fond of; you are to give him nine pounds of hay every day. In my yard I have a favourite hen; you are to give him nine pounds of flesh. Lastly, I have a donkey which I hate; you are to give him nine blows of a staff. Above all take care not to enter the forbidden chamber."

"I am much obliged to you," said Georgik. "The task is certainly not difficult, and I promise that you will be well pleased with me."

Next day he set to work. He gave the horse its nine pounds of hay, the hen its nine pounds of flesh, and he was beginning to beat the donkey when the animal spoke to him in a human voice.

"What harm have I done you," it groaned. "Why do you treat me in this way? Let me tell you at least what wrong you are doing. I am a good hermit, who has become a slave of this Enchanter. Come, henceforward give the flesh to the horse, the blows to the hen and the hay to me."

"What will my master say?"

"Trust me," said the donkey. "I will take care of everything else."

Next day Georgik carried out the instructions the donkey had given him. The horse received the flesh, the donkey the hay, and the hen the blows. However, after the third blow, the hen gave up its life. Filled with dismay, Georgik went to where the donkey was tethered.

"What shall I do now?" he cried. "My master will be very angry."

"Do what I tell you," said the donkey. "In the room that your master calls 'forbidden' there is in one corner a marvellous spring, and upon the table there is an even more marvellous comb: at its touch golden locks of hair appear. Go into this room, take a bottle of water from the spring, pick up the comb, and then mount on my back. What happens next is my concern and I promise that no harm will come to you."

Everything fell out as agreed, and the two friends set off at a gallop in the middle of the night.

However, they could not completely silence their footsteps and the Enchanter heard them, and set off in pursuit, mounted on his favourite horse. When the sun began to rise Georgik saw him riding after them at a great speed.

"Quick," said the donkey, who had stopped to rest. "Throw the water in the bottle across the road." Georgik obeyed, and, lo and behold, in front of them there appeared a bubbling torrent of water, that carved out a deep furrow in the earth, and soon became a wide river, which the Enchanter could not cross.

"We are safe," said the donkey. "All that is left for us to do is to go our own ways, and pursue our fortunes. However, let me give you one more piece of advice. 'Do not reply to people who speak to you.' If you are asked a question you do not like, reply with the word: Michenik! If you like the question, reply Michenik! Michenik! If you are ever in danger, call me with the words, 'Merlink, please come to my aid,' and I will always come to you."

Having said all this, the donkey went his way and Georgik dressed himself in a sheep skin, and poor clothes and went to the palace of the King to find work as a shepherd. His youth and his honest face meant that he was accepted, although when his tasks were described to him, his only reply was the words "Michenik! Michenik!"

When he had been there for some time, the news began to go about that the King had decided it was time for his three daughters to marry.

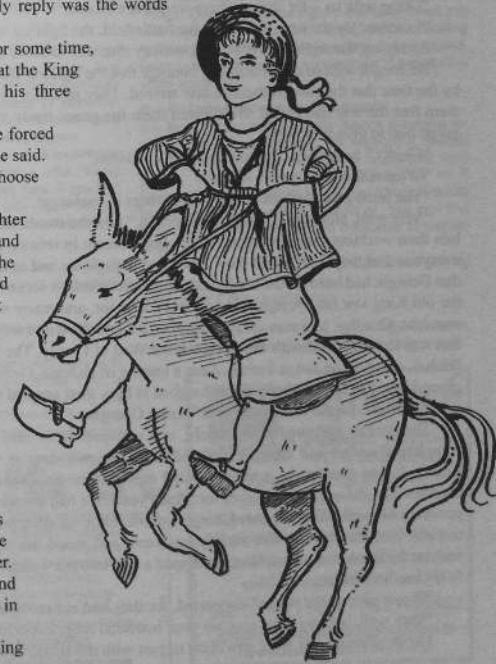
"My daughters shall not be forced to wed men they do not like," he said. "They are rich enough to choose whoever they wish."

However, the first daughter chose the gardener's boy, and the second daughter chose the groom's boy. As for the third daughter, who was the prettiest and sweetest of the three, she chose the shepherd, who everyone knew was a simpleton, and only ever said Michenik.

Still, the princesses were determined, so the King gave his blessings and the weddings were celebrated.

Less than three months later war broke out between the King and the neighbouring ruler. Three armies were formed, and the three sons-in-law were put in command.

"You shall go too," the King said to Georgik.



26 Breton Story: Michenik

"Michenik, Michenik," he replied.

They gave him a skinny, broken-winded old horse to ride but all he said was "Michenik, Michenik," just as before. After a mile, the poor beast fell to the ground and at that very moment the two other sons-in-law passed by. They were great favourites at the court and both were riding magnificent steeds. When they saw Georgik, they burst out laughing.

"Look at the simpleton," they cried. "The war will be over by the time he arrives."

"Michenik," was the young man's only reply.

When the brothers-in-law had passed by he called:

"Merlinik, please come to my aid."

Immediately he heard the sound of hooves racing towards him. It was the donkey, and he had brought him weapons and a magnificent suit of clothes. The young man put them on, then mounted the donkey, and soon rejoined his brothers-in-law.

They did not recognise him in his fine clothes, and took him for a famous knight.

"Where are you going Sir?" they asked.

"To war!" he replied.

"Come with us - for that is where we too are bound."

"I cannot. By the time you reach the battlefield, the fighting will be long over."

So saying, Georgik sped off on his donkey that was as swift as the wind.

He fought with so much skill and courage that the fighting was over, and a peace treaty signed by the time that the two brothers-in-law arrived. They met him as he was riding away, and he told them that the war had ended. He showed them the peace treaty which he was carrying, and they asked him to give it to them.

"Gladly," he replied, "but only on one condition."

"What is that?"

"You must give me your two wedding rings in exchange."

"Very well, although it is a hard condition," said the two brothers-in-law. However, they gave him their wedding rings and received the peace treaty in return. They rode home with it and told everyone that they had gained the victory and brought an end to the fighting; no one remembered that Georgik had been on the battlefield. Soon afterwards, a second misfortune befell the kingdom, the old King lost his eyesight; doctors were sent for, and many remedies tried, but no one could cure him. One day, however, an Enchanter said that there was a way to heal the old man's eyes, and that was to wash them with the waters of the Well of Clarity. The three brothers-in-law offered to fetch it, and they set out as before. After a quarter of an hour, Georgik's miserable horse fell to the ground, and the two brothers-in-law laughed at him, then spurred their horses and rode on.

"Merlinik, please come to my aid!" cried Georgik.

The donkey appeared immediately, and galloped up to him. He brought the young man a complete disguise, and Georgik rejoined his brothers-in-law as they came near to the Well of Clarity. It was guarded by a seven-headed dragon, who was always asleep; however, if he was awakened he did not close his eyes for fifteen years. He had awoken that very day and was closely guarding his well. When he saw Georgik approaching, he stretched out his seven heads and tried to catch him, but in vain. The donkey ran round and round the well with the speed of lightning, and, on the third time round, Georgik dipped a vial into the water, filled it, and then hastened back to his brothers-in-law.

"Please give us the water," they cried, for they had not recognised him.

"Very well, but you must give me your betrothal rings in exchange."

The brothers-in-law were unwilling to part with the rings, which their wives had given them,

Website Workshop: Open Source Software 37



Website Workshop

Last month we published an example website glossary, this month we were going to tackle Firefox extensions but this has been rescheduled to appear next month as to understand Firefox and its extensions, you should first have a grounding on Open-Source Software.

Q - What is Firefox?

A - Firefox is a web browser from the Mozilla foundation (www.mozilla.com). It is a free alternative to what you have currently included with your operating system; e.g. with Windows its Internet Explorer. Firefox will work on Windows, Macs or Linux-based computers and is part of the Open-Source community.

Q - What is Open-Source?

A - Open-Source is part of the Open-Source Initiative (OSI - www.opensource.org), which means that programmers are able to read, modify and distribute the source code of a particular piece of software. This means that over time, you potentially could have thousands of people work on just one program. For software to qualify as Open-Source it must have an accompanying OSI Certification - also, being Open-Source means it is completely free. If you find software that is purported to be fully Open-Source and free, make sure it is has OSI Certification with it.

Q - Isn't free software time-limited?

A - Time-limited software is Shareware, a sort of try before you buy concept, which is something completely different.

Q - What sort of Open-Source software applications are available?

A - There are countless applications out there - at least one equivalent for just about every kind of software that you have to buy. For example, why pay hundreds of euros for Microsoft Office when there is a virtual equivalent in OpenOffice (www.openoffice.org)

- completely free, you just download and use it. And if you are worried about compatibility, OpenOffice allows you to save in native Word or Excel formats, which means those documents can be opened and edited in Microsoft Office.

Q - But isn't quality and reliability compromised because so many different people work on a particular program?

A - To quote the OSI themselves: "Open source promotes software reliability and quality by supporting independent peer review and rapid evolution of source code."

Q - But what about security?

A - Open-Source applications are generally much more secure than their closed-source counterparts. Solutions are found and implemented quicker because they are not subject to company policy and not folly to a false sense of security. OSI cite the famous "Ping o' Death" exploit as a good example; When this was discovered, Linux (an Open-Source operating system) had patches available within hours; closed-source operating systems took months to provide the same solutions.

Q - And what about reliable support?

A - Not only are mature Open-Source programs far more reliable to begin with, the support, if needed is dramatically cheaper and easier to get than from paid-for software manufacturers. There are no 5 Euro-per-minute helplines to call, just a huge, friendly user-base to pose your questions at. You can find help usually in forums that are dedicated to helping others.

Malcolm Wearing

Next month: Firefox extensions.

Malcolm can be contacted on malcolm@practicalnet.com or see www.practicalnet.com for more information.

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## February in the Garden

**Parsnips:** Sow parsnip seeds towards the end of the month. Ideally they should be sown in weed-free, stone-free, reasonably well-draining soil. Either sow the seeds thinly in rows one foot apart or in 'stations' of three or four seeds nine inches apart, and thin them once they start to grow.

Parsnips are a valuable crop in Brittany because even though they grow well here and make an excellent Winter vegetable they are difficult to find in the shops. Seeds sown in February usually produce the best plants because they have time to reach a reasonable size before the onset of dry weather in the Summer.

**Peas:** Peas can be sown at regular intervals from February to the beginning of Summer. At this time of year, it is the smooth-skinned varieties that should be sown. Peas benefit from fertile soil: to maximise your crop, dig a trench about one foot deep, fill it with compost, and cover it over with a few inches of soil. If your garden is troubled by mice and birds it is worthwhile to protect each pea seed with a ring of plastic, cut from a water bottle.

The reason why vegetable gardeners persist in growing peas even when frozen peas are so cheap to buy is because it is impossible to buy peas that come anywhere close to matching the taste of peas picked from your own garden. Experts will confirm that the taste deteriorates significantly even over the first hour after picking.

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### GARDEN MAINTENANCE

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eeniskim@msn.com Dept: 56

## Litter in the Breton Countryside

### The Problem

Up until about fifty years ago, people living in the Breton countryside bought hardly anything from shops, and therefore produced very little litter: everything produced on their farms was completely biodegradable, things that they bought were usually made from iron, leather, wood, or cloth, and there was little or no packaging. It was therefore the habit to dump unwanted goods in a secluded corner of the farmyard, confident in the knowledge that, over the course of time, it would disappear.

When shops started to appear in the region, and people were encouraged to start buying things that had been produced in factories, and commercial plants, no one explained to them that they would be taking things into the countryside that were essentially not part of the natural world, or at least not part of the natural world as it appertains to Central Brittany.

Consequently people continued in the age old practice of throwing unwanted items onto rubbish heaps at the bottom of their gardens, and these rubbish heaps now represent a serious problem. Almost wherever you go in the countryside, you are likely to come across piles of yoghurt pots, beer and wine bottles, plastic milk bottles, plastic carrier bags, and other sundry items of supermarket packaging. To make matters worse, the remnants of products that have been sold to farmers over the years are often mixed up in these piles: bits of black plastic sheeting, electric wire, syringes, fertiliser bags, and pill

bottles. Brambles, ivy, and nettles are often growing amongst the litter.

### The Solution

February is a good time to tackle this problem because most of the vegetation has died down: get a good pair of gloves, wrap up warm, and on a sunny day go round the village with a wheelbarrow, piling in all the bits and pieces of rubbish from the hedges and from beside the footpaths. It is a job that may have to be repeated each year as more rubbish is exposed on the surface, but each time that you do it, the countryside round where you live will look more attractive. Even though we may not be conscious of the litter around us, it is always a surprise to discover how much better things look when it has been removed.

### Roofing Quiz Match the French & English words.

(Solution page 40)

Airvent at roof ridge level	Échelle plate
Corrugated sheet	Grenier
Down pipe	Panne faitière
Gable	Chevron
Gutter	Ardoise
Insulation	Plaque ondulée
Ladder	Toiture-terrasse
Loft	Gouttière
Rafter	Rampe de chevrons
Rain-water	Chaume
Ridge beam	Isolation
Ridge tiles	Tuyau de descente
Roof ladder	Crochet
Flat roof	Lanterneau
Roof timbers	Pignon
Roof-pitch	Cheville en bois
Skylight	Eaux pluviales
Slate	Faitage
Hook	Échelle
Thatch	Comble
Wooden peg	Tabatière

At the very end of February, parsnip seeds can be planted.



Tim the Gardener

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Roofing Quiz terms taken from The Concise  
Dictionary of House Building Terms, Hadley  
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*B & B cont'd page 35*

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*Building and Property Services cont'd page 39*

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# What's On

## February

Manoir Loguevel Wellness Centre - Lots of activities for ladies' mornings, afternoons or full days. Saturday night is Veggie night and much more. Call us on 02 96 36 68 98 or see the website diary for all the details of activities: [http://www.manoir-loguevel.com/quick\\_diary](http://www.manoir-loguevel.com/quick_diary)

## February and beyond.....

"Soirée Française" will continue to be held at the Hôtel Noz Vad, Carhaix, on the second Friday of each month. Contacts: George Turnbull or Pam Chapman, Tel: 02 98 99 48 90, e-mail: [ghturnbull@fastmail.fm](mailto:ghturnbull@fastmail.fm)

## Sundays in February and March

Sunday afternoons in February and March. Higher consciousness DVD afternoons. Jim and Yvonne Northrop would like to share their unique collection of DVDs with others of similar interests. DVDs include 'A Buddhist Trilogy', 'Yogis of Tibet - a film for posterity', 'Kundun', & 'Inconvenient Truth'. Refreshments provided, all free of charge. Please phone Yvonne for details 02 97 23 47 59 [eve.northrop@googlemail.com](mailto:eve.northrop@googlemail.com)

## February 2<sup>nd</sup>

Baroque concert St Tremeur church - (see box right below)

## Sunday February 4<sup>th</sup>

Concert in the Theatre at Pontivy with Michel Dalberto, celebrated pianist. Tickets and reservations from Office de Tourisme Pontivy - 02 97 25 04 10 or [officetourisme.pontivy@wanadoo.fr](mailto:officetourisme.pontivy@wanadoo.fr)

## Friday February 9<sup>th</sup> & Monday February 12<sup>th</sup>

Callac cinema. 8.30 p.m. start. Film in the English language. THE LAST SHOW from Robert ALTMAN with Meryl Streep. After Friday's film the Blue Grass group Jack Daniel's String Band will give a concert.

What's On Continued page 37

## Au Rendez-Vous Des Celtes Restaurant

Plussulien 02 96 24 04 26

We will re-open for business after our winter break on

Friday 16th February at 6pm (Fish and Chips!)

Our First quiz night of the year will be on

Tuesday 27th February at 7.30pm

Admission 5€ to include Annie's Famous Steak Pie & Chips (and no, she hasn't forgotten how to make it!!)

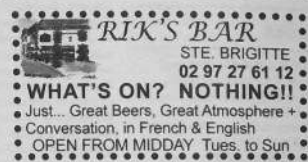
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**Concert of Baroque Music**  
Carhaix ( Church Saint Tremeur )  
2nd February 2007  
8.30 p.m. 10€ / 7€ .  
First part: Choir Cora Cantas  
Second part : Mozart, Haydn, Muffat, Biber, Schmelzter, Castello and the Breton Jean-Odeon de Mars, played by Claude Nadeau, of the Paris Opera, on the harpsichord and organ, with Xavier Drifford, first prize of the High Paris Conservatoire, on the Baroque violin.



## Places to Eat



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email: [orsoh@les-fous.com](mailto:orsoh@les-fous.com)

## Sunday February 11<sup>th</sup>

Le P'tit Bar at Le Bodeo are having a Soirée Chanson traditional singing at 4pm. Tel 02 96 93 32 21. We are on the D44 between Corlay and L'Hermitage -Lorge

## Sunday February 11<sup>th</sup>

Ray and Yvonne's Bric a Brac and Book sale at Strikart, Carhaix. You can also try your turn on the high-speed go-karting or ten pin bowling. Sunday lunch 15€. More details call Ray on 02 96 45 79 11. Early booking advised. Well signposted from Mr Bricolage on the Carhaix ringroad.

## Sunday February 11<sup>th</sup>

Indoor Car boot sale, Carolann's, Carnoët (22) (diagonally opposite the church). 10 am - 2 p.m. Refreshments available.  
Tel Carol or Paul : 02 96 21 54 62

## Places to Eat see also:

Le Moulin Blanc p. 2  
La Girelle p. 13

## Wednesday February 14<sup>th</sup>

Manoir de Loguevel, Locarn. St Valentine's Day: from 7.30pm, enjoy a candle-lit dinner with your loved one in our Salon de Thé. Every lady receives a red rose - 25€ p.pers. Reservations only. Details: [http://www.manoir-loguevel.com/valentine\\_s\\_day1](http://www.manoir-loguevel.com/valentine_s_day1) or call Anna on 02 96 36 68 98 or e-mail: [loguevel@aol.com](mailto:loguevel@aol.com)

What's On Continued page 38

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

# Chandeleur 2<sup>nd</sup> February

This festival is equivalent to Pancake Day in the UK, and its origins go back to pagan times. The round pancake is said to represent the sun, which will soon return bringing an end to Winter. Wheat flour is used in abundance because the new crop will soon be planted.

Traditionally, the first pancake is tossed up onto the top of the cupboard, where it is left, in the belief that this will protect the crop from mildew. Also, if the frying pan is held in the right hand, and a coin held in the left hand, it is said to ensure prosperity for the rest of the year.

Girls who wanted to marry were told that if they could toss a pancake six times in a row without letting it fall to the ground, they would find their future husband within the year.

The name 'Chandeleur' comes from a Roman holiday called 'Festa Candelarum', or 'Festival of Candles', and in the Middle Ages torchlit processions passed through the streets on the 2<sup>nd</sup> February.



*À la Chandeleur l'hiver se meurt ou prend vigueur.  
At Chandeleur, Winter either dies or grows stronger.*

What's On cont'd. from page 37

**Wednesday February 14<sup>th</sup>**

AIKB are organising a guided visit to the Liscuis Quarry and then to the Manoir du Liscuis for a talk by the founders of the Son and Lumière at Bon Repos - a spectacle admired by over 7,500 visitors each year, and where 400 local people participate. Meet 2.30 pm at the Manoir du Liscuis, off the N164 opposite the road to the Abbaye de Bon Repos, Saint Gelves (Turn 1st left just before the turning to Laniscat). More info tel: 02 96 24 87 90 or e-mail aikb@wanadoo.fr

**Friday February 23<sup>rd</sup>**

The Ragamuffins Jazz group play old-time jazz at L'Homme au Chapeau, town square, Huelgoat 9 pm - midnight. Admission free. More information call Regis: 02 98 99 78 81.

**Sunday February 25<sup>th</sup>**

10.30 am. Christ Church Brittany. Holy Communion with hymns taken by the Revd Michael Grainger. Refreshments available. C of E. All welcome. Further details from Robin or Laura Hillman, tel 02 97 51 74 26, e-mail: kermoran@wanadoo.fr

**Monday February 26<sup>th</sup> - Wednesday February 28<sup>th</sup>**

3-day traditional upholstery workshop. 70€. Contact Jude (Devon Community College tutor) 02 98 78 59 09

**Monday March 12<sup>th</sup> - Wednesday March 14<sup>th</sup>**

3-day soft furnishings workshop. 70€. Pleyber Christ. Contact Jude. Devon Community College tutor 02 98 78 59 09

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*Building & Property Services  
cont'd. from page 35*

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Continued page 41

## Classified Advertising 25 words 3€

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Send with cheque payable to 'Central Brittany Journal' to: Central Brittany Journal, BP4, 22160 CALLAC

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Classified contd from page 39

**Courses & French Lessons**

**3-day traditional upholstery workshop.** 70€. Feb 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup>. Contact Jude 02 98 78 59 09 Devon Community College tutor

**3-day soft furnishings workshop.** 70€. Pleyber Christ. 12<sup>th</sup>, 13<sup>th</sup> 14<sup>th</sup> March. Contact Jude 02 98 78 59 09 Devon Community College tutor

**Conversation French classes.** Beginners & Improvers welcome. Small, friendly, informal groups. New Beginners Class starting on Tuesday mornings. Help with forms, paperwork, phone calls etc. Contact Helen. Tel: 02 96 36 68 53  
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 Firewood - Oak and beech. Cut to size. From 170€/cord delivered. From pruning and sustainable forests. Green wood from 130€/per cord. Tel. 02 96 13 40 05

**Deville Log burner. All complete.** Needs new grate. 50€. Dept. 22 Tel. 02 96 29 87 31

For Sale continued page 42

**The Rocking Horse Tack and feed shop**  
**SALE 20% off** Toggi, Rambo, Horse-ware clothing, and cooler rugs. Plus various boots.  
 We have a full range of Spillers feeds and a range of supplements for the general well-being of your horse.  
**Based at Le Ferty, Mael Carhaix (22)**  
 (on the Trebrivan/Locarn road)  
**All enquiries Roger or Nikki 02 96 36 67 53**

**Solution Roof Quiz, page 33**

Aliment at roof/ridge level	Lanterne
Corrugated sheet	Plaque ondulée
Down pipe	Touin de descente
Gable	Pignon
Gutter	Coastière
Insulation	Isolation
Ladder	Echelle
Lift	Grenier
Rafter	Chevron
Rain-water	Eaux pluviales
Ridge beam	Panne faîtière
Ridge tiles	Faîtage
Roof ladder	Echelle plate
Flat roof	Toiture terrasse
Roof timbers	Comble
Roof-pitch	Ramppe de chevrons
Skylight	Taboulate
Slate	Ardoise
Trunk	Crochet
Truss	Châssis
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 Take your trip worry free  
 Pets & house are safe with me  
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## 42 Building & Property Services

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 Free quotes throughout Brittany. Fully registered.  
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For Sale contd. from page 41

**For Sale:** Double mattress. Used 4 times. Cost 250€, accept 150€. Tel: 02 96 45 59 32.

**Quality Back bacon, ready sliced.** 2.25kg packs 20€, Cheddar cheese 12€ per kg, and English sausages. Smaller packets on request. Now available. Tel: 02 96 24 66 23

**English plaster.** Any amount available  
 Tel: 02 96 24 79 75

**Child's bouncy castle.** 4m square and 9 ft high when inflated complete with new blower fan. Rain cover. Approx 2 years old. Only used 6 times. 500 €. Tel: 02 96 24 79 75

**Pot belly stove.** Very tidy condition. Suit small room/workshop. 100€ ono.  
 Tel: 02 96 21 58 87

**JCB Hats 1958 + towbar:** 600€; Sawbench 11 cm, 4 and a half inch cut, electric: 150€; Second-hand slates, approx 600. 80€; Axle for French cart: 60€; Pulley + 4 saw blades 2 x 9", 2 x 11" cut: 50€

**Exercise bike, multi-function,** not much used - 40 €s. ono. Keyboard, Yamaha, PSS470 stereo, with transformer - 30 €s ono. Tel: 02 96 29 43 06

**UK aluminium scaffolding** 10mtrs tower X 3 X 12 wide, complete with planks, wheels, stabilisers, kick boards, large number of straight and cross member bars. Price 1,750-00€ tel: 02 96 21 63 81

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For Sale continued page 43

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 22460 Merléac  
**Tel: 02 96 26 22 58**  
 donald.kerlau@wanadoo.fr

## Building & Property Services 43

For Sale contd. from page 42

**Tall glass show case ideal** for a shop, with adjustable glass shelves and lighting, with lock and keys, also lockable storage base. Price 200€. Tel: 02 96 21 63 81

**Regency-style mahogany oval pedestal dining table** and 4 chairs. 150€. Tel: 02 96 31 79 22 email: snorman@wanadoo.fr

**Woodburner for sale** in Plouray. Free standing. 9.3 kw, in excellent condition. 195€. Tel: 02 97 39 44 37

**for Williams twin-axle leaf spring suspension,** 14 ft flat-bed trailer with sides. Carries 3½ ton. Can carry vehicles. 4 months old. 4,100€. Tel: 02 96 43 44 27 Bourbriac area

**Approx 5 tons pine trees,** different sizes, length, diameter. Any offer considered.  
 Tel: 02 96 43 44 27 Bourbriac area

**Rayburn.** Dark blue. Poss. wood/oil. Cooking, heating, hot water. 1500€ ono. Tel: 02 98 99 99 07

For Sale continued page 44

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 Architectural Drawing & Designs  
 For all your planning needs  
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## 44 Building & Property Services

For Sale cont'd. from page 43

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## Building & Property Services 45

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Health & Beauty cont'd. page 46

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## 46 Building & Property Services

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**Bed-Settee**, green textile 45€;  
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 All aspects of building work  
 Fully guaranteed  
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Health & Beauty  
 contd. from page 45

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**Mahjong - anyone wanting to play** or learn Mahjong, please telephone Cate: 06 81 38 96 40 Huelgoat/Carhaix area.

**Attention all Soul fans.** You are invited to an evening of Northern Soul and Motown at Bar Ty-Mad, St Mayeux (22) on Saturday 21st April 2006 8 p.m. till late. Contact Maic on 02 96 24 09 88 for more information.

Leisure contd. page 48

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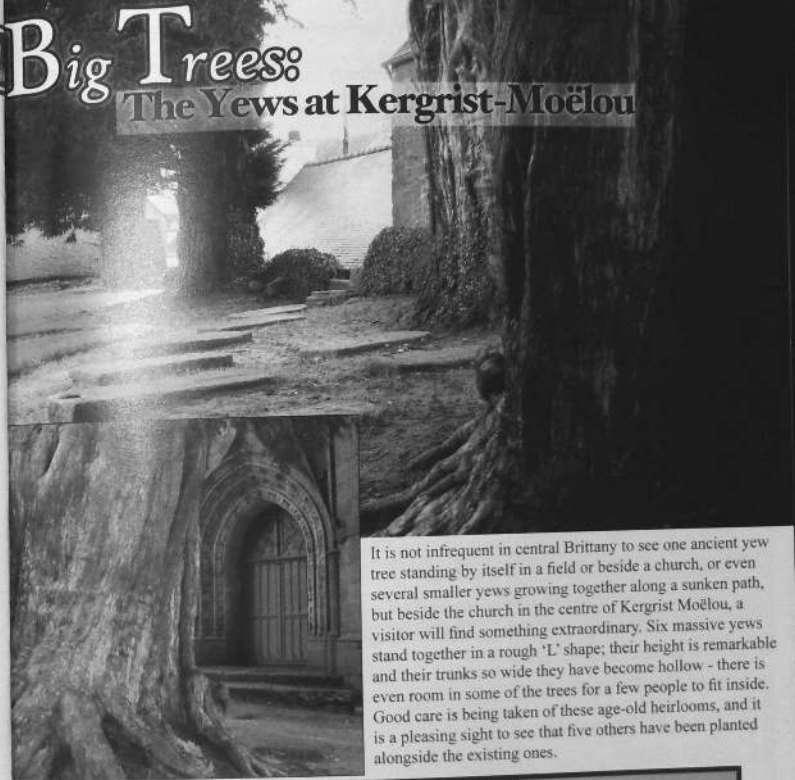
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## Big Trees: The Yews at Kergrist-Moëlou



It is not infrequent in central Brittany to see one ancient yew tree standing by itself in a field or beside a church, or even several smaller yews growing together along a sunken path, but beside the church in the centre of Kergrist Moëlou, a visitor will find something extraordinary. Six massive yews stand together in a rough 'L' shape; their height is remarkable and their trunks so wide they have become hollow - there is even room in some of the trees for a few people to fit inside. Good care is being taken of these age-old heirlooms, and it is a pleasing sight to see that five others have been planted alongside the existing ones.

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Leisure contd. from page 46

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## Property & New Build 51



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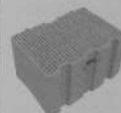
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Vehicules contd. from page 49

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# Hazel

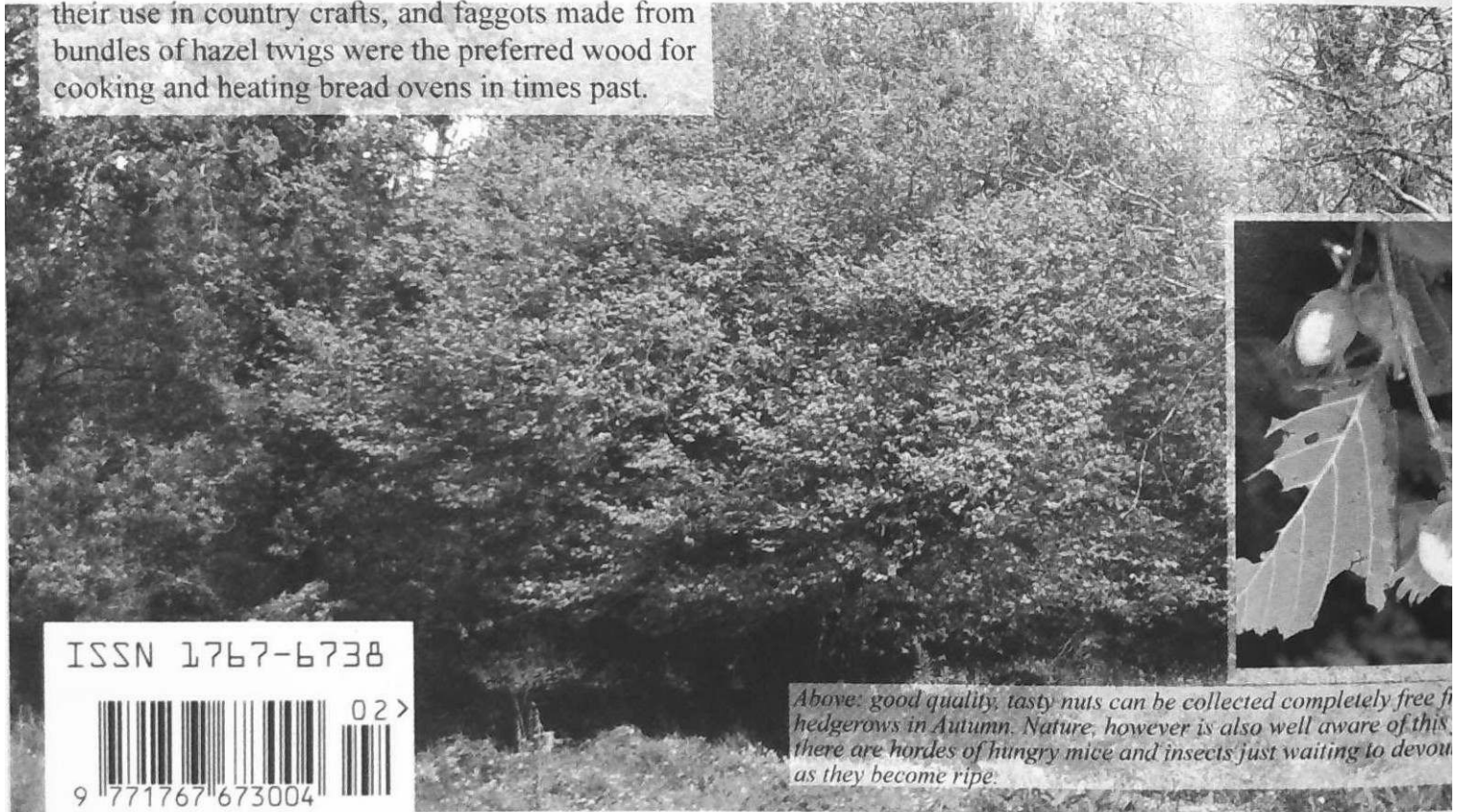
**French:** Noisetier

**Breton:** Gwez kenaoù garzh "hedge nuts tree"

(Gwez = trees; kenaoù = nuts; garzh = hedge)

Catkins in Spring; shade and shelter in Summer; nuts in Autumn; wood in Winter. This is the hazel - a true native of Brittany which can be found growing everywhere, but especially on banks bordering fields where it has been planted for its wood. Most of the hazel trees in this area were coppiced at one time or another, but have now been allowed to grow out; yet it is believed that when cut down on a regular four or five year basis, hazel trees live longer than when not cut at all. December to February is the best time for cutting hazel, and the trunks should be cut as low to the ground as possible - when Spring arrives buds will form and fresh young trunks sprout forth.

Hazel rods have for a long time been prized for their use in country crafts, and faggots made from bundles of hazel twigs were the preferred wood for cooking and heating bread ovens in times past.



*Above: good quality, tasty nuts can be collected completely free from hedgerows in Autumn. Nature, however is also well aware of this, there are hordes of hungry mice and insects just waiting to devour as they become ripe.*

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