

Central Brittany

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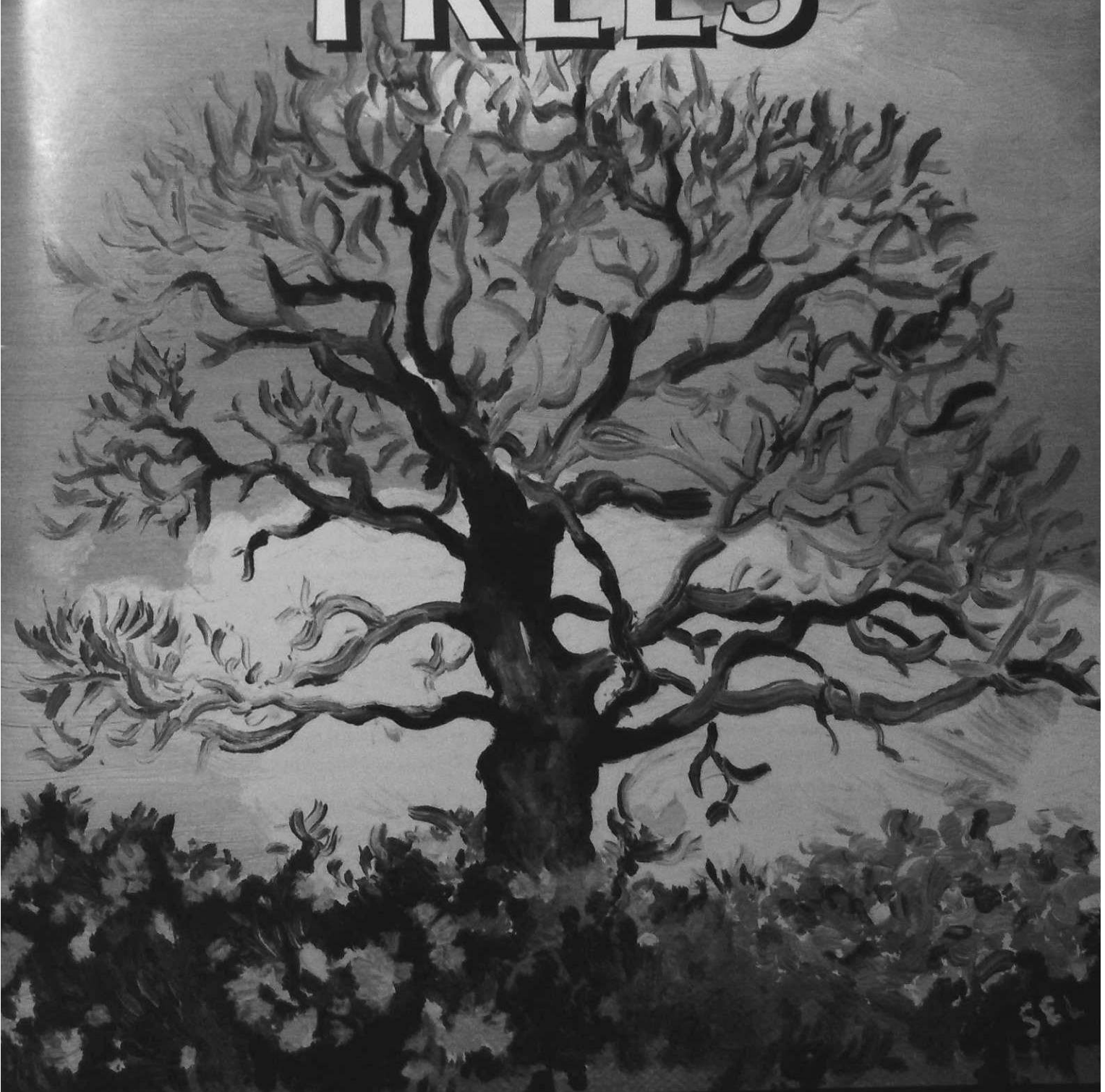
Journal

Sept. 2007

1€

ISSUE 39

TREES



Martin Pâtissier: Morlaix

Chocolatier, Glacier, Salon de Thé



This teashop overlooks the market place in Morlaix, and is within view of the viaduct at the bottom of the town. It has an old-fashioned, carved wooden shop front, and in Summer, tables stand outside in the street. Ice creams and sorbets are made up on the premises, and flavours such as passion fruit, raspberry, mango, chocolate and tuffoe are on display outside in a glass-fronted freezer unit. Indoors, there is a choice of exquisite cakes, including pear and apricot tartlettes, a black-current cake, made from layers of mousse, apple tart, raspberry tart, and an assortment of chocolate cakes. Chocolates and pâtes de fruits are displayed on the other side of the shop in a glass cabinet.

The tearoom is up two steps at the back of the shop. It is large, containing about 18 tables of different sizes, and has been recently refurbished.
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4 Recipe: Halva / Falafels

HALVA

This recipe is a popular favourite in India. It is very easy to make, and children in particular will enjoy watching the loose semolina magically transform into a solid mound.

Ingredients:

- 7 oz (200 g) soft brown sugar
- Pinch saffron (optional)
- 2 tablespoons milk (optional)
- ¼ pint (450 ml) water
- 3 tablespoons vegetable oil

- 4 oz (125 g) semolina*
- 2 tablespoons sultanas, washed
- 3-4 crushed cardamoms
- 2 tablespoons sliced nuts (almonds, pistachios, etc.)

*In French this is called semoule fine.

Method:

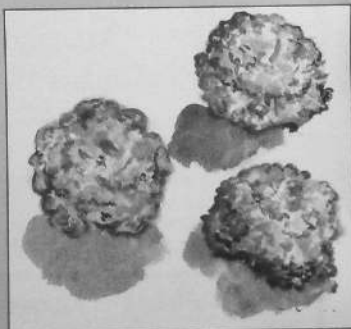
1. Mix the sugar, saffron, milk and water in a saucepan, and boil gently for 5 minutes.
2. Heat the oil in a large frying pan, and add the semolina. Fry gently over a low heat for 5 minutes, stirring from time to time, until the semolina is golden brown.
3. Pour the sugar, saffron, milk and water mixture into the frying pan. Add the sultanas, and mix in with a wooden spoon. Turn up the heat and keep stirring constantly until all the liquid has boiled off.
4. Turn the now solid lump of halva onto a dish and sprinkle with the crushed cardamom seeds and sliced nuts. Serve hot, as a dessert.

FALAFELS

These classic Middle Eastern snacks use dried chickpeas, which must be soaked overnight.

Ingredients:

- 2 cups dried chickpeas, washed and soaked for 24 hours in cold water
- 1 onion
- 1 tsp salt
- 1 tsp turmeric
- 1 tsp ground cumin
- Juice of half a lemon
- A good handful of herbs, such as coriander, mint or oregano, finely chopped
- Sunflower oil for deep frying



Method:

1. Drain the soaked, uncooked chickpeas and place in a bowl. Blend in a food processor or with a hand-held blender until as smooth as possible.
2. Chop up the onion finely and add to the blended chickpeas, together with the salt, turmeric, cumin and lemon juice. Add the chopped herbs and mix the ingredients together well.
3. If possible, allow the mixture to stand for a while for the flavours to develop.
4. Heat ¼ inch (1.5 cm) of vegetable oil in a pan until very hot; meanwhile, start shaping falafels. Take a large teaspoonful of mix and roll it between your hands, making sure that it holds firmly together. Flatten the ball slightly to make a falafel 1 inch (2.5 cm) across.
5. Using a slotted spoon, carefully lower the falafels into the hot oil and turn over after a minute or so when the underside is golden and crispy. Remove the falafels when evenly cooked and place on a tray. Cook the rest in the same way.

Editorial

In the course of an editorial meeting at the beginning of August someone asked whether the Journal had ever made the point that trees are in fact incredibly efficient solar panels, more sophisticated than any man-made technology; someone else replied that it had probably only been mentioned about ten times – and so of course we all realised that the next issue would have to be dedicated to this very special subject.

As the month has progressed, the main subject of discussion, amongst almost everyone, has been the weather. Many gardeners report that this has been the most difficult Summer in living memory – it has simply not been warm enough for many of the vegetables that usually do well in Brittany, and the early arrival of blight devastated many people's potato crops. There is, of course, no way of telling whether the exceptionally cold and wet weather that we have been experiencing is anything to do with climate change and man's activities, but whether it is or not, it serves to remind us how much we all depend upon Nature in our daily lives, and how even a tiny change in the natural course of events can have an enormous impact on people's lives: it is widely reported, for instance, that many Breton businesses that rely upon tourism now face closure, and that this might have a serious impact upon the whole economy. In the light of this, our article on trees now seems to be particularly timely, and I for one will certainly intend to spend some time this Winter planting trees and restoring banks near my home.

On a related theme, the first Central Brittany Harvest Fayre is due to take place in the Salle des Fêtes in Callac on September 16th from 1:30-6pm. The format is based on the successful Spring Fayre that we held in 2006, and, as an extra attraction, everyone is invited to participate in the plant and produce exchange – bring your excess produce and exchange or barter it with other people attending the event. I look forward to meeting you all again there!

GL

Central Brittany Journal

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 Tel: 02 98 99 33 85 (Closed Sundays and Mondays)

Épautre & Petit Épautre

Some old varieties of wheat are reappearing in local bakeries as people look for alternatives to modern, intensively-grown cereals:

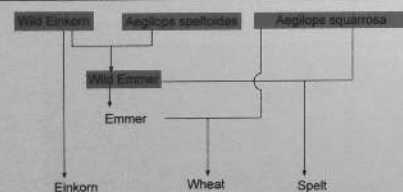
Épautre - Known in English as **Spelt**, this is a close relative of wheat that in the past was grown mainly because of its hardness and resistance to fungal attack. It is not as free threshing as wheat and does not give such a high yield, but the varieties grown are close to those which would have been used two or three thousand years ago.

Petit Épautre - The English name for this cereal is **Einkorn**. It is only a distant relative of wheat, and is almost certainly far older in origin. It is known to have been grown in Iran and Turkey over eight thousand years ago. It does not contain gluten, but can still be used to bake bread - loaves tend to be dense and very compact.



Above right: Jean Noël Ballouard grows, mills, and sells Épautre and Petit Épautre from his farm near Bourbriac.
Above left: Épautre after harvesting.
Left: Épautre growing in the field.

To buy Spelt and Einkorn flour contact Jean Noël on 02 96 43 44 81 or visit him at his farm on Mon. or Wed. mornings. Pépinières de Coat Liou, follow the signs from Bourbriac. (N.B. Einkorn flour will be available from the end of September.)



Modern wheats are derived from three wild annual grasses that grow around the Mediterranean and eastwards towards Iran and Afghanistan. Hybridisation took place between these grasses giving rise to cereals that had large, exceptionally nutritious seeds. Early farmers selected plants that had large seeds and which retained the ripe grain on the stem.

History and Genetics: In genetic terms, both spelt and wheat are said to be hexaploid, meaning that they have six sets of chromosomes instead of the normal two (one from each parent). This is because they are hybrids of three wild grasses. The difference between them is that spelt probably occurred with minimal human intervention - when Wild Emmer came into contact with a wild grass, *Aegilops squarrosa*, one of the ancestors of wheat and a common weed in wheat fields in the Middle East - whilst wheat is derived from a hybridisation that took place when cultivated Emmer (the preferred grain of Europeans and people living in the Middle East up until seven or eight thousand years ago) came into contact with *Aegilops squarrosa*, probably in what is now Northern Iran. Einkorn, on the other hand, is diploid (it has two sets of chromosomes) because it is derived directly from a single wild species: *Triticum boeoticum*, wild einkorn. Its botanical name is *Triticum monococcum*.

Europe's First Earthship: Ger, Normandy

Kevan and Gillian Trott with their two sons, Elliot and Oscar, have succeeded in building Europe's first residential Earthship in Ger, not far from Avranches in Normandy. The 'Earthship' is a concept developed by architect, Mike Reynolds, in New Mexico, USA. It uses recycled materials to create an environmentally-friendly house that heats itself, generates its own electricity and collects its own water. Over 2000 such buildings now exist in the United States, the first of which is over thirty years old, and still working perfectly.



Above: Kevan and Gillian Trott with the originator of the Earthship idea, Mike Reynolds



Above: Wherever possible, the Earthship uses recycled materials in its construction, the exterior walls are made with car tyres packed with earth. More earth is packed behind the tyres, and the whole grassed over. The earth acts as a heat reservoir, helping to regulate the temperature in the house.



Right: The front of the Earthship is a south-facing conservatory, irrigated by recycled water - it is designed to keep the house warm in Winter and cool in Summer.

Below: The Earthship nearing completion: there was no problem in obtaining planning permission for the building - on a residential building plot on the edge of the village - and no problem in obtaining funding from a local bank. The project received strong support from the local community.



Kevan is a chartered surveyor and has personally overseen the construction of his Earthship in Normandy. He is available for consultation and advice on all matters relating to the planning and building of Earthships in France or the UK.
kevan@earthship.co.uk 0044 07 10 41 59 88

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Pictures of the Month



Above: Frank and Margaret Field's Morgan Sports on the beach estuary of Pont-l'Abbe.



Above: A musician at 'Les Historiques Gouarec', Geoff Stamp



Above left: "Toad in a Hole" A baby toad in an outlet water pipe outside the house. Joan Guiver, Belle Isle en Terre

Left, below and below left: Early Morning in Glamei, Cliff Webb



Please send photos for pictures of the month to Wendy at: info@theobj.com or to: CBJ, BP4, 22160 Callac

Did you Know?

Le Code de la Route



If you are a newcomer to France, or passed your driving test in a different country, you may be surprised to learn that the old 'priority to the right' law does, in theory, still apply in France. This means that unless the road signs or road markings indicate the contrary, you are supposed to stop and give way to any vehicle joining the road that you are on, from the right. The yellow lozenge (left) tells you that you are on a road that has priority (i.e. priority to the right does not apply); a red triangle with a black cross tells you that you are approaching a crossroads where you do have to give way to traffic from the right.

Central Brittany

Harvest Fayre

16th September,
Sunday 1:30pm
Salle des Fêtes, Callac (town centre)

Pies ~ Puddings ~ Samosas ~ Spices ~ Pickles ~ Jams ~
Chutneys ~ Cider ~ Apple Juice ~ Cakes ~ Jewellery ~ Plants
Roses ~ Cards ~ Tollware ~ Pottery ~ Books ~ Crystals ...

also

Autumn Produce & Plant swap

Bring your surplus apples, pumpkins, and other garden produce.

For more information, please contact Wendy on: 02 96 21 55 97

Free Entry Tea and Cakes

Organised by the Central Brittany Journal

A Breton Farm

JEAN-BAPTISTE LE PROVOST

The Le Provost family have been farming land in Plusquellec, near Callac, for many generations. In the decades immediately after the war, the family adopted modern farming methods in accordance with the official policy of the time. However, they became increasingly concerned about the effects that these methods were having upon their land, and, a few years ago, the current owner of the family farm, Jean-Baptiste, decided to strike out in a different direction: he re-introduced features that were once part of every Breton smallholding - and now the farm once again has a substantial vegetable garden, and an orchard, and grows its own grain for bread-making. Milk from the farm's herd of fifty cows is sold to an organic co-operative.

Jean-Baptiste farms a total of ninety hectares of land, upon which he maintains an estimated thirty kilometres of hedgerows.

Right top: the vegetable garden, behind the old farmhouse.

Right: the farm's flour mill
Below: Jean-Baptiste has no regrets about the farm's change of direction.

Left: the farm is now registered as an organic producer.



News & Services

Moulin Blanc, Plougonver

The popular Moulin Blanc Restaurant, Plougonver, will be closed after the 30th of September; the owners, Pierre and Paulette will be opening a new restaurant at Sous la Tour, near the Port du Legué, St Brieuc, at the end of October. It will be the same style of restaurant and the same style of menu - more details should be available next month. *(The campsite at Moulin Blanc, with the lake and a current alcohol license is still for sale. Please contact Pierre on 02 96 21 60 81 if you are interested.)*

New Flights

Flybe have now started direct flights from Brest to Manchester. www.flybe.com

Fun Day Raises 1300€

The organisers of the Fun Day on Monday 13th Sept would like to thank all those who attended, and gave so generously. A total of 1300€ was raised and this will be split between the French Ligue contre Cancer and the Moonwalk Breast Cancer campaign in the UK. They would also like to thank Eileen and Brian Welsh for so generously making the grounds of Le Faouet Gites available for the event, and all those who sponsored prizes and donated gifts for the raffle. The weather was kind, and a good day was enjoyed by all.

What's Happening in Brittany?

The distribution range of the Journal has been steadily increasing over the past few months, and we now regularly receive requests from people wanting information about what is happening in areas outside those originally covered by the Journal.

In fact, all the information in the What's On section is sent in by readers: to have details of local events included in next month's issue, simply send the information to: cbj222956@aol.com, or Central Brittany Journal, BP4, 22160 Callac.

Extended What's On section starts overleaf

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The best time to plant a tree is twenty years ago.
The second best time is now.

~ Anon ~

What's On

Every Tuesday T'ai Chi, Tuesdays at ten at Keravel, Bulat Pestivien. 02 96 45 79 36

Every Wednesday and Friday English Book & Video exchange at Carolann's, Carnoet. (Diagonally opposite Carnoet church). Weds. 10.30 - 4.30; Fridays 10 am - 2 p.m. If you don't have books to swap, we have hundreds of titles from 1€ each. Tea and coffee available. There is now a children's corner where your child can watch a video while you browse. Tel: Carol or Paul on 02 96 21 54 62

Yoga classes restarting from September at St Trephine (22). Mixed ability, beginners and improvers, all ages. Qualified teacher with over 20 years experience. Call Ann 02 96 29 77 03

Every Sunday afternoon September - October, Art and Sculpture exhibition at the Château de Kerminaouet, between Tregunc and Pont Aven. Gardens, park and tea room all open. Free entry. More info: www.chateaubretagne.info or tel: 02 96 50 19 68. First Sunday of every month there is a free concert of classical music, starting at 4.30 p.m. followed by afternoon tea.

CHRISTIAN FELLOWSHIP home group, meeting regularly in the Côtes d'Armor / Finistère area. All welcome. For more details contact Darren and Petra Franklin on 02.96.43.06.85 or Roy & Melanie Johnson on: 02.96.78.11.01.

Saturday September 8th & Sunday September 9th The 22nd Organic (Bio) fair at Mûr de Bretagne. 14000 visitors, 250 stands, 25 winegrowers, plus Fest Noz. The largest organic fair in the region - lots to see, watch and buy!

Monday September 10th - Bulat Pestivien (22) traditional Breton horse fair. Thousands of people pass through the village on this day. Meals served at Chez Yvelynne (bar opposite the church), whose family have served food on this day for the entire 250 years of its history. A traditional Breton 5-course meal (including wine). No need to book in advance but best to arrive early. Also a market, and many other attractions on the village green.

September 10th, 11th and 12th. 3-day upholstery and soft furnishings workshop. 60€. For more information call Jude: 02 96 78 59 09

September 11th and 25th Brittany Wild walks. September schedule. Tuesday September 11th 2.30 pm Barnenez, north of Morlaix. Meet in parking by famous Neolithic cairn. Tuesday September 25th 2.30 pm Lampaul-Guilmau. Meet in centre by church.

What's On Continued page 13

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What's On:
For a free listing in the What's On section, please send details of local events to:
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What's On

Tuesday September 11th Christ Church Brittany, C of E Diocese in Europe. Service with Hymns & Communion taken by the Rev. Hazel Door, held in the Catholic Church Huelgoat centre at 6.30 p.m. All welcome. Followed by light refreshments. For further details tel: 02 98 78 21 28 or email: mary.beswetherick@wanadoo.fr

Wednesday September 12th An evening on the theme of peace. In Duault, next to the library (on main road, oppos. church and to the right). DVD of Prem Rawat speaking at the Unipaz International Festival of Peace in Florianopolis, Brazil, in 2006. 62 min. Refreshments. Entrance free. More info: 02 96 21 55 97.

Thursday September 13th Horses and people unite for children and adults with disabilities 11am HENNEBONT see letters, page 14

Friday September 14th "Soirées Françaises" will recommence at The Hotel Noz Vad, Carhaix. Contact: George Turnbull, Tel: 02 98 99 48 90 or e-mail ghturnbull@fastmail.fm

Friday September 14th and Friday September 28th - Fish & Chips 7-8pm and 'Singalong with Kaz and the Gang' from 9 pm at Fleur de Bretagne, Camping Rostrenen tel 02 96 29 15 45 for further details.

What's On Continued page 36

After almost one year, a second peace event is being celebrated in
Duault
12th September 8:00pm
AN EVENING ON THE
THEME OF PEACE
62 minute DVD. Prem Rawat speaks at the Unipaz International Festival of Peace in Florianopolis, Brazil 2006, and is given the award 'Ambassador for Peace'
Bibliothèque Municipale,
DUAULT

Letters

White Horses Association: Hennebont

I am writing on behalf of Shirley Malblanc, Vice-President of our Charity in France and who, at the age of 75 years old, is doing a sponsored 220 km ride on her white pony Bonnie to raise money for the White Horses Project 2008, which supports children and adults with disabilities, in both the UK and France

Shirley, and her Highland Pony, Bonnie, will be leaving HENNEBONT (56) at 11 am, accompanied by Verity Rowse, from the open parking space by the river close to the start of the Chemin de Halage (near Haras wall), to undertake a 220 km sponsored ride to CHATEAULIN (29), where they arrive on Monday 1 October 2007.

They will follow the towpath up the river BLAVET to PONTIVY (on Tuesday 18 September) and then continue on the Nantes to Brest canal towpath.

This sponsored ride is in aid of the SLL WHITE HORSES 2008 CHARITY PROJECT and all funds raised by Shirley and Verity will be given to the SLL Charity (registered in England & Wales and also An Association Loi 1901 in France).

Our charity is supported by the President of Le Conseil Regional de Bretagne, and also by the mayries of Vannes and Lorient. President Sarkozy is also interested in our charity and may well attend the departure in the Camargue on 5 May 2008.

However, Shirley still needs all the help and support that readers can give her.

Jakki Cunningham
Chairwoman SLL White Horses 2008
www.sllassoc.com
06 21 63 00 35

Welsh Speakers for Conversation

I have been learning Welsh for some years but I have had no oral practice, so I'd be pleased to be able to get in touch with a Welsh-speaking family living in the area of Pont l'Abbé or Quimper, to share a conversation now and then.

If anyone is interested, please contact 02 96 87 32 01, or e-mail: andre.guiziou@wanadoo.fr
Yours sincerely
André Guiziou

A seed hidden in the heart of an apple,
is an orchard invisible. ~Welsh Proverb~

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Holidays in Brittany

We have returned from two weeks at Kerleven Beach, Fouesnant, and were given the June copy of CBJ. Very interesting Illtud article, as our most recent holiday was in Dartmouth. The Church at the mouth of the Dart is dedicated to Illtud, and has very much the same tale to tell.

This is our third and most memorable visit, previously, with the children, all I recall is beaches and campsites. We are delighted we re-visited and will certainly return very soon. Obviously we toured (possibly a 50-mile radius), walked the coastline and inland, tried the local Cider...heaven, and swam frequently.

The CBJ was useful holiday read. Thank you for being part of our holiday
I also have a beautiful Photo of my Morgan Sports on the beach estuary of Pont-l'Abbe.
Frank and Margaret Field
See picture page 8

Driving to Barcelona

Hi let me start by saying what a great mag. I look forward each month, but on reading your trip to Barcelona I would like to make a few observations.

I have travelled down to Barcelona for the last 3 years, for the winter, with my caravan and would not personally recommend staying on the 'aires de repos', due to the reporting of instances of people having their valuables stolen while they were sleeping.

There are quite a few sites open all year, our first stop being at Mirambeau. For just 15 euros it's worth the peace of mind.

On the Spanish side, take great care stopping on the aires even during the day.

I would like to finish by saying that Spain is great, especially for the weather. If I can be of any help to anyone regarding caravanning etc. please get in touch.

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The tree which moves some to tears of joy
is in the eyes of others
only a green thing which stands in their way.

~William Blake~

Apple Jelly

Windfall apples can be used for this recipe, but regular apples work just as well.

Ingredients:
Apples
Sugar



1. The apples should be washed, cut up into small pieces and any bad portions removed. Skin, core and pips should not be removed.
2. Place the chopped apples in a large, heavy bottomed pan and add just enough water to cover the apples. (You will need a large pan as the boiling mixture will foam up high.)
3. Bring to the boil and simmer until the apples are soft – 45 minutes to an hour.
4. Mash the apple pulp with a fork and strain overnight through a piece of muslin. Do not squeeze the pulp bag or you will have a cloudy jelly.
5. Add sugar to taste to the pan of strained apple juice – usually about 1 lb of sugar to a pint of juice, but taste as you add.
6. Bring to the boil and boil fiercely until the jelly starts to set.

Tip: If you keep a very cold saucer in the freezer while making the jelly, you can drop a teaspoonful of jelly at intervals onto the saucer, and pop it back in the freezer for a couple of minutes. If the jelly is ready, it will wrinkle when you push your finger against it. Alternatively, dip a wooden spoon into the boiling mix and let the mixture drop off the side of the spoon. If it coagulates together as it is dropping, then it is ready.

7. Remove the scum off the top of the jelly. Let the jelly stand for a couple of minutes and then pour into sterilised glass jars.
8. Cover with rounds of parchment paper dipped in brandy, and screw on the lids while the jelly is still hot. This should prevent mould from forming.

Tip: To sterilise, wash the jars and lids in very hot water, dry and stand the jars upside down, without the lids, in a cold oven. Turn the oven on and heat for 5 minutes on Reg. 5. Let the jars cool a little before taking them out.

TREES

A conventional view of history has always assumed that prior to the Industrial Revolution people lived a relatively impoverished existence, and were reliant on quite primitive technology. The development of environmental sciences is leading to a reappraisal of this view, and an understanding that people in the past were in fact making intelligent use of a highly advanced technology that supported a much higher standard of living than had previously been recognised: nowhere can this be seen more clearly than in Central Brittany.



It is widely acknowledged that the more obvious and significant something is, the more likely it is to be overlooked by scholars - particularly when they are dealing with a subject that they believe to be well understood. This perhaps explains why the full importance of the role played by trees in traditional societies is only now being recognised. Trees represent the ultimate in technological efficiency, and it is now clear that societies such as those that existed in Central Brittany prior to the Industrial Revolution were based upon the careful exploitation of this unique resource.

Tree Technology

There are various aspects to the ways in which trees work that place them far beyond anything so far developed by modern industrial processes:

Trees as collectors of solar energy: The basic attribute of plants is their ability to capture the sun's energy. This ability is refined to the ultimate extent in trees - particularly by the broad-leaved trees that are characteristic of Brittany, which produce leaf canopies with enormous surface areas, and are therefore able to capture a huge percentage of the sunlight that falls upon them.

The mechanism for capturing solar energy is extraordinarily efficient: a complex protein molecule, chlorophyll, captures the energy in sunlight and uses it to combine water molecules with carbon dioxide molecules to produce sugar. The leaf is constructed in such a way as to maximise the amount of sunlight that strikes the chlorophyll molecules, whilst at the same time making water and carbon dioxide freely available to them.

There is never likely to be any human technology that is able to capture such a large proportion of the sun's energy and which works over such a large range of climatic conditions.

Storing the Sun's Energy: One of the principal problems encountered in the field of energy production is the difficulty inherent in storing energy, and transporting it to where it is needed; a large proportion of the electricity generated and fed into the national grid, for example, is lost

simply because there is no demand for it at that particular time, and because production plants are sited far away from centres of population. Trees overcome this problem by locking energy into sugar molecules; the sugar is soluble and can be transported around the tree with ease, and then transformed into non-soluble products, such as starch, for long-term storage, or can be used in the production of structural materials, such as wood, or in the production of the other chemicals of life such as proteins, lipids, etc. Most remarkable, however, is the fact that, with the addition of oxygen, the sugar can be broken back down into its original components, and the energy released used to keep the tree alive!

Furthermore, the energy captured by the tree is easily accessible to human beings, whether it be as a source of fuel for heating or food for eating.

Structural components: A problem that besets modern technologies is the environmental cost of manufacturing processes; thus when a full environmental audit is conducted on apparently renewable energy sources, such as the huge wind turbines that are being erected around Brittany at the present time, it is often found that the impact of their manufacturing process, transport, and eventual disposal, far outweighs the value of the energy that they generate while they are in operation.

None of these problems are associated with trees: in fact, not only are trees able to construct themselves, but in the process they manage to create what is still the most versatile and useful building material known to man - wood. They are also one hundred percent biodegradable, and their decomposition actually plays an irreplaceable role in the local eco-system.

Environmental Impact

We have now become accustomed to worrying about the impact that our activities have upon the environment, and evaluating whether Nature is able to compensate for the harm that they cause. None of these concerns arise when we make an appropriate use of trees: trees actually help to regulate the environment and ensure that it continues to be able to support human life.



Above: trees contribute to creating an idyllic countryside of greenery, stone walls, and wild flowers.

Right: Deciduous trees create the perfect conditions for wild flowers, particularly at the edge of woodland and in meadows.

Below: The sun sets behind three sweet chestnut trees.





Above: An apple tree in blossom.

Right: a young oak.

Below: the first tender leaves of an oak tree in Spring.



Air quality: in addition to helping to maintain carbon dioxide at the optimum level in the atmosphere, trees play a significant role in removing impurities from the air; this is one of the reasons why the air is so sweet in and around woods and forests.

Water quality: trees play a major role in maintaining the quality of ground water. Tree roots absorb huge amounts of water from the soil, together with the soluble mineral salts that it contains. These minerals are incorporated into the fabric of the tree. Tree roots help to retain water in the soil, so that soil organisms can extract impurities from the water before it enters the water system. Trees therefore play a significant role in ensuring that the water that flows into streams and feeds into wells and springs, is pure and fresh.

Soil Quality: tree roots bind the soil together, helping to give it structure and preventing erosion. This aids water retention and helps to support life in the soil. In deciduous woods and forests, tree leaves are the major source of nutrients for the soil; over hundreds of years, they allow the build-up of layers of rich top-soil, which is the principal source of the soils used by man for agriculture.

A Tree-Based Economy

Most of what has been said about trees so far is self-evident and well-known to anyone who has spent a reasonable amount of time in the countryside. What is perhaps less well-known, and less well-appreciated is the way in which our forefathers made use of these properties of trees in their everyday lives.

Maintaining forest conditions: Firstly, even though Brittany has been farmed intensively for thousands of years, and in the past managed to support a much larger human population than it does today, the countryside was still managed so that conditions never diverged too far from those that would have been found in the original forest: fields were small and surrounded by banks of broad-leaved trees, and there were many paths

and roadways lined with mature trees. In addition, there were still patches of woodland and forest on less fertile soils. Ecologically speaking, the countryside therefore resembled an extended forest with many clearings, causing the minimum disturbance to the flora and fauna of the area, whilst maximising the land available for farming. As far as the wild flowers, insects, birds and wild animals of Brittany were concerned, conditions were close enough to Nature for normal life to continue.

To give an example, it has been estimated that a mature oak tree provides a home to over three hundred different types of insects. Each of these insects plays a role in the local eco-system, either by controlling population levels of other insects, by helping to pollinate plants, by providing food for birds, or in helping in the breaking down and decomposition of organic material. By maintaining a large population of oak trees, the old inhabitants of Brittany were essentially guaranteeing themselves a balanced eco-system, which made it possible for them to plan their farming and gardening activities with a reasonable degree of confidence that Nature would act in a predictable way.

Trees for Food: in the past, each house had a selection of fruit and nut trees planted close by. The exact species and varieties grown varied from place to place, depending on the specific conditions of the locality: a typical village could be expected to contain apple trees, pear trees, plum trees, cherry trees, hazelnut trees, walnut trees, and sweet chestnut trees. Not all of these would yield a crop every year, but, in general, trees yield large crops for little work, and between them always make a significant contribution to the Winter stores.

Trees for fuel: mature trees were seldom, or never, chopped down for fire wood. Wood for burning was either collected from fallen branches in the woods, or, more commonly, from coppiced trees on the banks surrounding the fields near the house. A coppiced tree can live for thousands of years, providing a crop that can be used for fire wood and cottage crafts for generation after generation. Coppicing does not harm the roots of the

tree and therefore does not harm the soil. Furthermore, birds and other wildlife seem well able to adapt to coppicing, providing that only small areas are coppiced each year, and coppicing actually provides a stimulus to wild flowers and plant diversity.

Trees in building: oak was always the wood of choice for Bretons in their building; it was used for beams, roof timbers, floor boards, doors, and window frames. Wood was sourced locally, often from trees planted by grandparents or great-grandparents, and prepared on site. There is still no known building material that can match oak

for strength and longevity. The only reason that it is not used more today is because people cannot afford it - even though thousands of oak trees are still cut down every year in Brittany and sold as firewood.

Crafts and Everyday Objects: tree products were also used for most of the tools and pieces of equipment used in everyday life - from furniture to tool handles and from fence posts to spinning wheels. Material for making all these things was free of charge and most people had sufficient skill in wood-working to enable them to make and repair the things that they used in their homes and

The Energy Cycle & Heating the Home



A variety of fuels has been used for heating the home, but all, except wood, have disadvantages associated with them: coal mining has always been associated with extremely unpleasant working conditions, oil and gas exploration is the cause of many of the problems in the world today, destabilising governments and causing devastation of sensitive environments, and nuclear power plants produce waste material that no one knows how to dispose of. Wood on the other hand is free, healthy, incurs no transport costs, is easy to store, has not been the cause of international conflict, has not helped to put weapons of mass destruction in the hands of terrorists or governments, and does not contribute to global warming.

around their farms for themselves - no repair men, and no one to tell them that it would be 'cheaper to buy a new one than to repair the old one'. Different woods were used for different things: clogs were made from beech or walnut, ash was used for tool handles, alder was used for fence posts, willow was used for basket making, etc.

A life supported by trees

It goes without saying that people who sourced so many of the things that they used in daily life from trees could never have imagined modern-day waste disposal problems: when something was no longer needed, it could simply be thrown onto the fire, or into a nearby hedgerow, where it would soon start to provide valuable nourishment for fungi and insects, adding to the richness of the eco-system and helping the garden to retain the same biodiversity as the forest floor - so beautifully simple when compared to the problems associated with the disposal of industrially-produced products and their packaging.

Something that is perhaps not quite so obvious is the fact that when compared to almost any other form of economic activity, trees require very little work, for very large returns: once they are established, fruit and nut trees can yield huge crops throughout a person's whole life, with no ploughing, sowing, weeding, or hoeing being required. When properly-managed, trees resemble a sort of factory that runs itself, has no workers, requires no input of raw materials, no capital investment, and has no possibility of ever becoming obsolete: all that anyone has to do is walk in and collect the product, as and when they need it.

Nowadays, most people imagine that chopping and collecting wood is an arduous and hazardous activity, but, in fact, a few days spent cutting wood from coppiced trees will provide enough to keep a family warm for several months, and at the same time yield wood that can be used for a va-

riety of crafts. It provides healthy, outdoor exercise, and also provides the intimate contact with Nature for which everyone is searching. In fact, nowadays, some people do hedge trimming and wood carving as hobbies, because they find that these traditional activities provide the perfect antidote to the stress of modern living. When such activities made up some of the main components of daily life, the idea of work-related stress must have been practically unknown.

Trees and politics

Given the enormous and obvious advantages of a tree-based economy, one could be forgiven for asking why we do not hear more about it from the governments and leaders in our society.

Part of the reason why we are not encouraged to grow trees in our gardens for fuel and food is that it represents too simple and too genuine a solution to some of the problems that confront modern society.

If people in Brittany started growing trees and using wood from their gardens to heat their homes, there is no doubt that it would lead to a significant reduction in the amount of oil, gas and electricity that had to be imported into the region, it would reduce the impact that the region had on global warming, it would help the local environment by improving air and water purity, it would help insects, birds and other local wildlife, and it would reduce the region's dependency on imported food. It would also help to improve the health and diet of people living in the area.

However, no one would make much money out of any of these developments, and no committees, associations, or institutions of higher education would be needed to make it work. The fact that the authorities do not encourage us to plant trees, should not, however, make any difference: everyone clearly has so much to gain and so little to lose from this simple activity, that it ought to be

Produce and Plant Swap

Bring your surplus crop of apples and fruit to the Harvest Fayre

Sunday 16th September 1.30 p.m. start

Salle des Fêtes Callac

something that we do as a matter of course, with or without official encouragement.

Tips regarding tree planting and tree care in Brittany

September is a good time of year to turn one's attention to tree planting: tree seeds can be collected from around the countryside and planted in a seed bed in the garden, and this can also be quite a good time of year to move seedlings and young trees.

Transplanting trees in September:

When moving trees the most important thing that one has to bear in mind is the impact that the move will have upon the tree's root system. Firstly, one has to accept that no matter how much care is taken, and no matter how much soil is moved with the tree, a large proportion of the tree's roots will still be left in the ground. Spring and Summer are the times of year when the greatest demands are being made on the root system, and this is the main reason why trees are not moved during these seasons. This consideration counts against moving trees in September, a month when many species produce a late spurt of growth, and certainly before the trees have become dormant for the Winter.

A second point, however, is that roots have to be given a chance to grow and become secure in the tree's new position before the main growing season begins. In Brittany, it can be the case that trees moved during Winter months (the traditional time for transplanting trees) are adversely affected by dry weather during the following Spring and Summer; moving the tree in September can give the tree a chance to become established before it goes into Winter dormancy. These two points have to be balanced against each other. It should certainly not be assumed that moving a tree is a simple process, guaranteed to succeed; careful judgement has to be used in each case, even when moving small seedlings.

Cutting off a large proportion of the above-ground growth is something that does help a tree to become established in its new position, partly because it results in less demands being made on the roots, and partly because it reduces the degree

to which the tree is blown around in the wind - which is the worst possible thing that can happen to newly-transplanted tree roots.

Which trees to plant: When one talks about a tree-based economy, one is not talking about an economy based upon exotic or ornamental trees that cannot survive unless they receive regular maintenance. One is talking about native trees, and trees that are so well adapted to the local environment that they can grow and propagate themselves, with only the minimum of human care. Experience shows that all such trees are able to yield at least one crop that has a significant value in daily life, and many of them yield a variety of useful products.

In Brittany some of the trees that fit this definition are:

- Yew
- Oak
- Beech
- Ash
- Hazel
- Willow
- Hawthorn
- Blackthorn
- Holly
- Alder
- Spindle

- Apple
- Sweet Chestnut
- Walnut
- Plum
- Pear
- Quince

It is quite easy to find seedlings of these trees growing wild in the garden or in the hedgerows beside the road. Seedlings can be dug up and replanted in a little tree nursery close to the house, ready for planting out in their final position when they are three or four years old. Contrary to popular belief, fruit and nut trees can also be grown from seed, often with great success, providing that you are prepared to wait for a few years before getting a crop. Fruit trees grown from seed

are almost always much larger and more robust than grafted trees. (Fruit trees are so often grafted because it allows a particular variety to be propagated, and also because grafted trees can be encouraged to fruit earlier and not to grow as large as non-grafted trees.)

Where to plant trees: A proper tree-based economy cannot be achieved if trees are limited to small gardens around people's houses, while the rest of the countryside is taken up by prairie-style fields: a much more widespread and conscious planting regime is required if trees are to be able to underpin a nation's wealth and well being.

Gardens: Many people do not like to have huge trees towering over their houses, and for this reason, one tends not to find mature specimens of oak, beech, chestnut, etc. growing in gardens. On the other hand, buildings do often help to produce particularly sheltered and favourable conditions that may be suitable for the more sensitive varieties of fruit trees: apples, pears, plums, peaches, quince, and even apricot and fig trees; and all of these have been traditional components of Breton cottage gardens for centuries.

Orchards: Extra fruit trees can be grown in an orchard beside the garden. In Brittany, it was particularly common for each house to have a selec-

tion of different varieties of apple trees, including cider-making apples.

Some of the old Breton fruit varieties are now difficult to find, whilst some of the varieties commonly found in supermarkets and big garden centres originate from other parts of France and are not particularly suitable to Breton conditions.

Varieties of apples, pears, and plums traditionally grown in Devon and Cornwall, are often well suited to Brittany, and some local gardeners now make the trip across the Channel in order to find suitable trees to stock their orchards.

Fields: The majority of people's trees would have been on the banks that surrounded their fields, in particular the fields that were close to the house. Many of these trees would have been coppiced and used as a source of fire wood. Hazel, ash and willow trees are particularly suitable for coppicing in this region.

Some hazel trees would have been kept for their nuts, and walnut trees and sweet chestnut trees were also commonly grown.

Oak trees were grown on banks further from the house, and left for over a hundred years until they reached maturity and their wood was suitable for making beams and roof timbers.

Anyone who has a field or a piece of land close to the house ought to be able to replant the banks

Apples - September



September is the main month for the apple harvest and, although it may sound strange, even after so many months of anticipation, it is easy to find oneself unprepared for the crucial moments of harvest. Apple boxes and crates should be got ready and a good place identified where the apples, once harvested, can be put - cool, dark, dry, and aerated make ideal conditions.

When a few apples have started to fall from the tree, now is the time to act. Windfalls are no good except for immediate use, so the crop should be picked on a ladder, each apple being carefully handled and not thrown about. Range the apples out in the boxes. Depending on the variety, they will either need to be used within the next few weeks, or store happily for several months.



around it, simply using seedlings and seeds collected from the immediate vicinity, an activity that can give enormous pleasure, and which incurs no cost.

Beside paths and roads: the traditional Breton paths were lined by mature trees - including oak, yew, beech, holly, willow, hawthorn and ash. These trees provided shade for people using the paths in Summer and also prevented weeds and vegetation invading the path.

Some of these paths still remain, and if you have one running across your land, it may be quite a simple process to restore it to its former glory: remove dead branches that have fallen across it, cut back brambles, coppice trees that are becoming too entangled with each other, and simply allow the big trees to grow without worrying about them.

If a path has been destroyed, there are various ways in which it can be recreated: the simplest of these is to plant young trees along the line of where the bank used to run. Cut back the vegetation growing on and beside the path two or three times per year, leaving the trees untouched, and over the course of time, they will themselves start to lend the air of a traditional Breton path to the area.

Beside rivers: There are some species of trees, including willow and alder, which are particularly well adapted to growing in wet and water-logged soils. These trees were maintained beside rivers, helping to preserve the stability of the river bank and providing protection for river wild-life.

Willow, in particular, is exceptionally easy to propagate; shoots cut off the parent tree, up to one or two centimetres thick and three or four foot long, will take root if pushed into the ground to a depth of one or two feet.

Woods and forests: there have always been areas of the countryside where agriculture is difficult, and of only marginal value - hillsides, stony ground, etc. Such ground was often left for trees to form woods and forests. These areas were havens for Brittany's wildlife - in modern terms they would be called ecological reservoirs - but also provided a source of food, shelter and free fuel in times of difficulty or when crops failed.

Anyone who has a garden that they find to be too big for regular mowing could consider letting it revert back to woodland: either just leave it alone and let Nature take its course, or plant oak saplings, and cut round them once or twice per year until they become well established.

Trees and Modern Living

There is no reason to suppose that there is any intrinsic incompatibility between trees and modern inventions: there are some things that trees will always do better than man-made technologies - such as capturing solar energy, providing fuel for heating, providing food, etc. - whilst there are other things in which one would never expect trees to play a role - such as in the powering of computers, cars and aeroplanes, for example.

The issue that people have so far failed to address is how to make a sensible use of modern technology without undermining the far greater and more important contribution that trees are able to make to the economy and the smooth running of our everyday lives.

Perhaps the most striking features of the traditional, tree-based economy is that it is not only sustainable and energy-efficient but that it also leads to the development of an incredibly beautiful and people-friendly environment.

When one compares a modern city with its busy roads, factories, shops, etc. with the woods and forests, orchards, tree-lined paths, and gardens of a tree-based economy, one cannot help but wonder why people could ever have swapped one for the other. Furthermore, this tree-based environment is actually much more productive than the urban environment, and also allows for a more civilised way of life: people are able to help themselves to what they need, from the trees around them, rather than being obliged to work long hours, in difficult conditions, often away from home. When all this is taken into account, the true value of trees starts to become apparent, as does the need to preserve the trees that we have, and to start taking seriously the need to replant the trees that we have lost over recent years.

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Cover: oak tree growing on a bank Duault, Brittany, Samuel Lewis

F. A. Q. #35



Q: I've just set up my Tele2 router but I don't know if it's secure. I don't want other people using my connection. What should I do?

A: You need to implement some form of encryption.

As I've previously explained, Wi-Fi Access Points use a type of router (a box!). Orange calls theirs Livebox but it's really just a router with an Internet telephone function. The Tele2 "box" is essentially the same but doesn't have the pretty internal light. I suppose that's what Orange subscribers pay extra for: I digress.

The typical Wi-Fi router will produce a footprint from 20 to 100 metres radius. Many factors affect this, especially old granite house walls. Even so, it's very likely that somebody sitting outside your house will be able to see your Hotspot. If it isn't secured they can access the Internet through it and could, possibly, hack into your computer because it becomes part of your Local Area Network (LAN).

The most common type of encryption is Wired Equivalent Privacy (WEP). This has been in use for quite a long time, is fairly easy to implement and, sadly, fairly easy to get around. Even so, it would deflect the casual snooper. There's 64 bit WEP and there's 128 bit WEP. Very simply, the latter is better because it uses more letters and numbers in its passwords.

Better than WEP is WPA (Wi-Fi Protected Access). Don't you just love these abbreviations? This was introduced to overcome the frailty of the earlier system. It uses a more secure "Pass-Phrase" that should stop anyone cracking a wireless network.

The Tele2 router comes preconfigured; both WEP and WPA codes are printed underneath it. When you install the software you will be prompted for the WEP code. Make sure that you type this in correctly. My old eyes confused an "8" with a "B" and the thing didn't work until I realised my error. Other proprietary makes will need similar treatment but, as I don't use any of them I cannot give specific instructions.

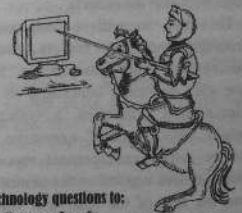
Those intrepid characters who prefer to go their own way and buy a third party router will be able

to make all sorts of configuration changes and be certain that their Hotspot is secure. You, like me, will not get the telephone deals that seem to be so good, but that's a story for another time.

Should anyone wish to check that their Wi-Fi Access Point is secured, go to the little icon that looks like a computer screen with green rays coming from it (bottom right of the task bar). Right click on it and choose "View Available Wireless Networks" from the drop-down menu. The dialogue box that opens will show you all the Wi-Fi networks that are being sensed by your computer. Look for the SSID (Service Set Identifier), that's the fancy term for the name of your Hotspot. Beneath it will appear information relating to the state of the connection, the power of the signal and whether the AP is encrypted or not. (The foregoing refers to Windows with SP2 installed.)

Better Safe than Sorry

Grax Warrior



Please send technology questions to:
graxwarrior@wanadoo.fr
or leave a message at the CBj office
02 96 21 52 21

Technology Services
pages 35 & 48

African French Proverb:
Celui qui a planté un arbre
avant de mourir n'a pas vécu
inutilement.

He who plants a tree before his death has not lived in vain.

~ proverb from Betin

Mr. Biznuz Team Work



I took a careful look through the advertising in my August copy of the Journal, and found that the overwhelming majority of businesses that advertise are small, family-run concerns. Upon this discovery, I promptly contacted the CBJ advertising department to find out why they don't advertise larger businesses, and was told that the Journal does not have a specific policy to exclude big business from its pages, but that, in practice, very few larger companies manage to meet the Journal's customer service criteria.

This ties in with a long-term concern amongst business leaders that Western businesses (and government institutions) are still operating according to outmoded, hierarchical principles: a typical business might have a chief executive officer to whom senior management reports, middle management reports to the senior managers, and the rest of the staff feel very much as though they are at the bottom of the heap. One of the problems associated with this type of organisation is that customers are forced to deal almost exclusively with this disenfranchised and bottom tier of the hierarchy, and therefore receive an extremely poor level of service.

Business strategists have long been warning that institutions based on a hierarchical structure will never be able to compete effectively with those run on the team ethic, which is more typical of Far Eastern culture.

There have been a few western companies that have used share-option schemes, partnership agreements and co-operative agreements to generate a greater sense of ownership and responsibility amongst the workforce, but these are very much the exceptions that prove the rule. Most companies and large organisations operating in Brittany at the present time are still hierarchical in nature, and it would seem that this offers the biggest possible opportunity for any entrepreneurs who understand the concept of running a company on teamwork - there is hardly a single field of activity that is not vulnerable to competition from a business that knows how to treat its customers well.

**Keep a green tree in your heart
and perhaps a singing bird will come.**

~Chinese proverb~



Website Workshop

Last month we looked at the Amazon.com story and this month it's all about Podcasting.

Q - What is Podcasting?

A - Podcasting is the latest way of distributing audio content via the internet. The word 'Podcast' is a mix of the words 'iPod' and 'broadcast'. An iPod is a portable digital audio player designed by Apple Computers; the name has led many to think you need an iPod to receive a Podcast. This is not true as all you need is Internet access, the appropriate software installed on your computer and speakers. Podcast software is usually free but not always the Podcast itself. Once the Podcast has been downloaded you can disconnect from the Internet and listen to it at your convenience. Also, if you have a portable MP3 player, you can copy the Podcast to your player and listen to it on there as well - again, it doesn't have to be an iPod.

Q - MP3?

A - An audio file (music, speech, etc) that has been compressed with little or no loss in quality from the original format - such as that on a music CD.

Q - Do I have to search every time I want a Podcast feed delivered to my computer?

A - No, Podcasts usually use RSS to automatically deliver fresh content to your

computer. This is normally performed when you connect to the Internet.

Q - What is RSS?

A - Technically, RSS (Really Simple Syndication) is an XML-based format (eXtensible Markup Language) for distributing and aggregating Internet content. A more user-friendly description would be that by using RSS, Internet content providers can easily create and distribute feeds that include news links, headlines and summaries in a variety of formats (e.g. MP3). There are many popular news sites using RSS which allow them to get information to users as quickly as possible and the great thing is, it is done without the need to clog up your email.

Q - So who delivers these Podcasts?

A - There are literally millions of Podcasts to choose from and almost as many providers, but you can narrow down your search if you have a particular interest. For example, Gardener's World regularly Podcast from the BBC website www.bbc.co.uk after each episode. For a varied subject choice you can browse the BBC website and listen to, for example, radio broadcasts which are specially-prepared with new content rather than just simply repeats - and it is important to note that all BBC Podcasts are free :-)

Malcolm Wearing

Next month: The BBC Website

Malcolm can be contacted on:
malcolm@practicalnet.com
www.practicalnet.com

African French Proverb:

**Ne mets pas ton doigt entre
l'écorce et l'arbre.**

Do not put your finger in between the bark
and the tree.

~ proverb from Cameroon ~

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Tim the Gardener:

Mulch

September is the time of year when you can start to think about next year's vegetable crop, and in particular what steps you can take to ensure that the soil in your vegetable garden is as fertile as possible.

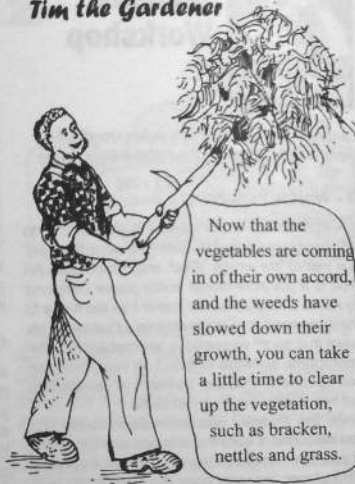
One technique that is becoming increasingly popular amongst vegetable growers, is to make an extensive use of mulch - this is a central feature of the method of gardening known as 'Permaculture'.

The theory behind mulching is that, in Nature, the surface of the soil is only very rarely exposed to the elements: in woods and forests, for example, it is covered by a thick layer of decomposing leaves, which protects the soil from erosion, and provides nutrients for the soil-based organisms. Mulching also inhibits the growth of weeds, and reduces evaporation from the soil surface.

Almost anything from the garden can be used as a mulch - grass cuttings, bracken, nettles, straw, or material cuts from banks and hedgerows. It must be borne in mind that mulch that contains mature weeds will drop a lot of seeds onto the soil - so this sort of material should only be used on areas that are to be used for crops such as potatoes that do not require hand weeding.

Excess mulch can be raked off in the Spring, and piled up in heaps. Later in the year, it can be spread back round the vegetables to help keep the weeds down. You will be surprised by how much mulch a garden can absorb, and how quickly it disappears into the soil.

Tim the Gardener



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More Gardening Ads pages 46 & 47

Classified Advertising 3€ 25 words

Animals

Free to good homes, beautiful Siamese kittens, also black female. Mum was abandoned, pregnant. Please help us by giving them a home. Kittens 5 months old. Tel: 02 96 45 05 37 / 06 32 40 64 71

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Books contd page 32

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Building & Property Management cont page 33

Classified Advertising 25 words 3€

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Building & Property Maintenance contd page 34

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34 Classified

Building & Property Maintenance
cont. from page 33

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Bon Appetit. Home-made pies and pasties.
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Solid Pine table (rectangular) and 4 chairs for sale vgc. £150 o.n.o. tel: 02 96 45 00 13.

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Honda Barley 98cc 1997. Mileage only 2,529. Hardly used since purchase. 900€. Insured for year. One English owner. Tel: 02 96 83 82 45.

for sale cont.
page 35

Technology Services 35

35 TECHNOLOGY SERVICES



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See also: Computers, page 48

for sale cont. from page 34

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Corrugated steel roofing sheets. New or used. Enough to cover 55m². Pay according to condition. Tel: 02 96 43 44 27 Bourbriac area.

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Rayburn for sale. Teak table and six chairs. BBO Gas. One three metre oak pew. Excellent condition. Also canopy for table. Ring after 6 pm. 02 96 24 29 46.

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Health & Beauty cont. page 41

What's On

Saturday September 15th - 8pm - 1 am. Big Boss Band. Of Skool Rok. R & B, with didgeroo. Also Les Fous Furieux and MSK. At Les Fous. Carnoët.
Entry 3€. More info: 02 96 21 52 32.

Saturday September 15th - Novelist Sarah Harrison presents 'How to write a Blockbuster' - presentation and Q & As - at Thematique Librairie and Salon de The, place de l'église, Mur de Bretagne. 6 pm - 8 pm. Entrance including refreshments: 10€. For more info: 02 96 26 01 35.

Sunday September 16th Harvest Fayre organised by Central Brittany Journal. 1.30 pm start. Salle des Fêtes, Callac. Entry free. Ample parking. Refreshments.
See page 9.

Sunday September 16th and Monday September 17th
English Language film, Callac cinema: Ten Canoes, (three wives, 150 spears, trouble.) Australian film in the Ganabingu language of the remote Arafura Swamp region of north-eastern Arnhem Land. With English narration by David Gulpipli. Has won huge critical acclaim. This is the first major Australian feature film completely filmed in an indigenous Aboriginal language. Stars Richard Birrinbirrin, David Gulpipli, Jamie Gulpipli. 8.30 pm start.

Saturday September 22nd Equestrian and pedestrian walks through local countryside around Plourac'h (near Callac). In aid of Burkino Fasso schools. 5€ adult walkers (7, 9 & 14 km). 10€ equestrians (20 and 30 km). Evening entertainment with Jack Danielle's String Band and Robert Nana (Burkinabe percussionist and storyteller). Phone: 02 96 45 05 81 or 02 96 45 03 62 for more information. 9 am start for horse riders and 2 pm start for walkers at Plourac'h school.

Saturday September 22nd Christ Church Brittany. Autumn Fete, 2.30 pm in the grounds of Maison Mere des Frères, Boulevard Foch, PLOERMEL. Stalls include: English Books, Cakes, Crafts, Greetings cards, Bottle, Bric a Brac, and many more. Raffle. Childrens games. Bouncy castle. Cream teas. Entry Free.

Sunday September 23rd GARAGE / BOOT SALE 11 am - 3 pm in Magoar, 10 km from Bourbriac. see above.

Sunday September 23rd Christ Church Brittany. Bonen Church nr Rostrenen 10.30 Holy Communion with hymns. C of E. All welcome. For further details contact Robin & Laura Hillman, tel 02 97 51 74 26 e-mail kermoran@wanadoo.fr

What's On Continued page 38

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Places to Eat see also:

Le Moulin Blanc p. 2
La Girelle p. 12

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PLACES TO EAT

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What's On cont. from page 36

Wednesday September 26th - Noz Vad Hotel (access at side of hotel). "Passion for Existence" DVD of Prem Rawat speaking on the theme of peace, at Thammasat University, Bangkok, Thailand. 8 pm start. Lasts approx. 1 hour. Refreshments. Admission free. Tel: 02 96 21 55 97 for more info.

Sunday September 30th - Christmas fayre open day at Kersulan, Bieuzy les Eaux (56). (10 mins Pontivy). 10.30 am - 4 pm. Samples available for tasting of traditional home made cakes, puddings, mince pies, rum truffles, pate, pickled onions etc. Orders taken on day for pre Christmas delivery. Orders still being taken for pork pies, pasties etc. For more info /directions etc. please tel Di or Geoff on 02 97 277 191 or email diane.kiton@aliceads.fr

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health & beauty contd. from page 35

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Services contd. page 44

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44 Building & Property Services

Services contd. from page 41

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Building & Property Services 45

Services contd. from page 44

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Translation & French Courses contd. page 47

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50 Property

Property of the Month



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Property & New Build 51



Property of the Month

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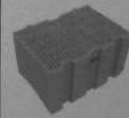
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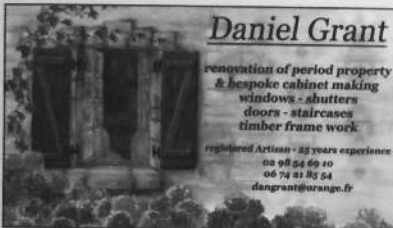
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Shrews

French: musaraigne

Breton: minoc'h

At first glance, a shrew looks very like a mouse; but in reality they are quite different creatures. The most obvious way to tell them apart is by their noses - all shrews have very long noses, and a good sense of smell, which makes up for their poor eyesight.

They are very common in Brittany, and even if you have never seen one, you may well have heard one squeaking in the undergrowth. They are fiercely territorial and when another shrew comes into their territory they will chase it away with much squeaking.

They are active both day and night, because a shrew can never sleep for long. If a shrew stops eating it will be dead within a few hours, meaning that most of its time is taken up in a frantic search for food. Their diet consists of slugs, snails, and other pests, making them a welcome addition to the garden.

Another interesting feature of shrews is that even though cats, foxes and other carnivorous animals will catch them, they will seldom eat them. This is because they are slightly poisonous. It has long been thought that they carry a certain amount of venom in their bite, and whether this is true or not, being bitten by a shrew is unforgettably painful, so handling them should be avoided, or done with thick gloves.



When a family of shrews is disturbed, the mother will lead the baby shrews away in 'caravan' formation, each one holding onto the tail of the one before.

ISSN 1767-67



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