

# Central Brittany Journal

Issue 5

November 2004

1€



## Wren

King of the birds.

*Back page*

## Franez Pautremad

A new re-telling of an old Breton story

*Page 16*



An Easier Way to Learn French?  
*Page 18*



# Salt

The story of salt and the role that it has played in the history and politics of Brittany. *Page 8-12*

*Salt marshes south of Guérande*



## POINT.P

Building Materials

Both Private and Professional Customers welcome

22110 Rostrenen 02 96 29 00 04



**Carhaix, Place de la Mairie**

Specialist Computer Advice  
Sales & Repairs all makes

02 98 99 26 40



**Georges Hamon**

All Types of Insurance  
Car House Health

Fluent English Spoken

7, rue des Portes – 22160 Callac 02 96 45 51 15

## Contents

page

- Recipe: Apple Tart ..... 2
- News & Services: ..... 3, 4 & 6
- Letters & Editorial ..... 5
- Tea Shop & Places to Visit ..... 7
- Salt ..... 8-12
- Technology ..... 13
- Travel Round up ..... 14
- Aesop's Fable / Breton Story ..... 16
- Learning French ..... 18
- Word Search ..... 21
- Building: Using Lime ..... 22 & 23
- Gardening ..... 24-26
- What's On ..... 27
- Classified Ads ..... 28-31
- Nature in Brittany: Wren ..... 32

## CHRISTMAS MARKET

**Les Halles, Carhaix**  
**28th November**

*See page 19*

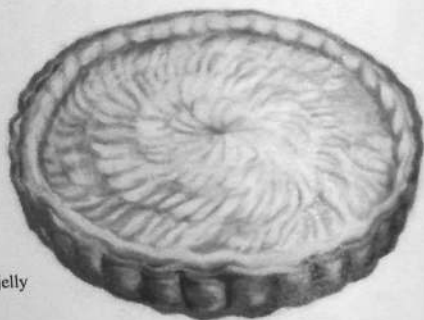


2 Recipe

Apple Tart

Ingredients:

- 6 oz (175 g) plain flour
- ½ teaspoon baking powder
- 1 oz (30 g) icing sugar
- A pinch of salt
- 4 oz (125 g) butter or margarine, softened
- 3–4 tablespoons cold water
- 4 apples
- 5 tablespoons apple compote (apple sauce) or stewed apple
- 4 tablespoons apricot or other pale jelly
- 2 tablespoons water
- ½ lemon



Method:

1. Sift dry ingredients into a medium-sized mixing bowl.
2. Add the butter and cut it into small pieces. Rub it into the flour with the tips of your fingers, until the mixture resembles fine breadcrumbs.
3. Add the water, a tablespoon at a time, and press the mixture together into a ball. The pastry should be soft, but not sticky. Refrigerate for 20–30 minutes.
4. Squeeze the lemon into a bowl of cold water. Core, peel and quarter the apples. After each quarter is peeled place in the bowl of lemon water, to prevent the apple from going brown.
5. Grease a flan dish and roll out the pastry on a floured board. Place the pastry in the dish and trim to fit, making sure it comes up the sides. Prick the base all over with a fork.
6. Spoon the apple compote onto the base, and spread out with the back of the spoon. Slice the apples thinly and arrange in overlapping circles.
7. Cook in the oven at 180°C Gas Mark 6 for 30–40 minutes, or until the pastry is golden brown.
8. Heat the jelly and the water in a small saucepan. When it is warm and runny, brush it over the apple slices, to make a glaze. Serve warm or cold.

**O'BRIENS**  
chambres d'hôte  
luxury country inn  
Situating next to the Tourist Information Office  
Overlooking the lake  
Roscoff 45 minutes St Malo 1½ hours  
4 Rte de Bernien 29690 Huelgoat 02 98 99 82 73  
o-brien.david@wanadoo.fr

**Le Moulin Blanc**  
Pub Restaurant  
• Family meals  
• Camping  
• Fishing  
• Games  
22810 Plougonver 02 96 21 60 81

**La Renaissance**  
Bar Crêperie Pizzeria  
Open daily except Sun. pm & Mon.  
10, rue des Portes, CALLAC (by the lights)  
02 96 45 94 61

**Webb's of Glomel**  
Bed and Breakfast  
• 4 rooms • Village location  
• En-suite facilities • UK Sky TV  
5 Place du Centre 22110 Glomel  
Phone: 0033 (0)2 96 29 88 44 E-mail: cliff.webb@tiscali.fr

News and Services 3

**Sovereign Property Services**  
• Window Cleaning  
• Property Maintenance  
• Key Holding  
• Gardening  
Tel: 02 98 73 93 02  
sovereignpropertyservices@hotmail.com

**THE BOOK DEPOT**  
A LIBRARY OF ENGLISH FICTION IN THE CALLAC AREA  
Over 1700 Books  
Contact Viv for further information  
02 96 45 09 45 vivianbott@aol.com

**Jardin Tropical Café**  
Bar Brasserie  
Private Functions  
Terrace overlooking the Lake  
1, rue du Lac – Huelgoat 02 98 99 78 19

**L'ARCHE DE BRETAGNE**  
Kennels for Dogs, Cats and all Domestic Animals  
Established 1992 10 km SW Carhaix  
Phone Daniel and Martine 02 98 99 51 14  
Kerstrank 29540 Spezet  
http://archedebretagne.free.fr

**ÉQUILIBRE**  
Health Foods Natural Cosmetics  
Gluten-Free Products  
1 bis av Gl de Gaulle – Carhaix 02 98 93 74 09

**PÂTISSERIE CHOCOLATERIE SAVIDAN-LOZAC'H**  
Cakes, Chocolates,  
Breton Toffees, Tea Room  
38 pl 9 Avril 1944 – Callac 02 96 45 51 30

**Chez Winnie – English Products**  
Caurel  
Chez Winnie, run by a British family, stocks a wide range of English products ranging from cheddar cheese to biscuits and tea.  
The shop is in the centre of Caurel, close to the Lac de Guerledan, off the road from Rostrenen to Gouarec.

**New English Book Shop**  
Kergrist Moëlou  
Peter and Jane Mickelborough are opening the region's first second-hand English and French book shop in a converted barn beside their home in Pompourot, Kergrist-Moëlou (follow signs for Glomel on the D 87 out of Kergrist-Moëlou).  
There are thousands of titles in stock; books will be bought and exchanged; the opening is accompanied by an exhibition of etchings.  
The official opening is at 5 pm Saturday, 6th November; the shop will be open Fridays and Saturdays from 10 am to 6 pm.

**The Poher**  
The Poher has become the first weekly newspaper in the region to feature a regular page exclusively devoted to the English language.  
From October 6th, the paper has included pages in English and in Breton, as part of a re-launch of the paper which also sees it going nearly full colour.  
The editor, Pascal Bodéré, says that he hopes the English section will help to increase understanding between the French and English-speaking communities. If it proves to be popular, he hopes to be able to expand it in the near future.

**Point.P – Building Materials**  
Rostrenen & Carhaix  
Point.P in Rostrenen has been popular with English-speaking people renovating houses in Central Brittany for many years, not least because of the quality of service offered by Jean Luc, a native Breton who learnt English while working on the fisheries in Northern Ireland.  
Jean Luc is able to advise on the full range of building materials available, and also has specialist knowledge of ecological building techniques.  
Point.P has now taken over Lejaune in Carhaix (close to Leclerc) from whose premises it will soon be offering the full range of its products and services.

**Afrikaraez**

**Carhaix**

The first African supermarket of Central Brittany has opened in Carhaix. It stocks traditional African vegetables (including okra), African sweets and the best peanut butter to be found in the region.

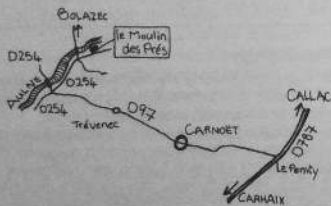
The shop is run by Nanette Tepkoro, who is happy to advise on how products such as Baobab leaves can be used. The shop is at the bottom main of the shopping street, close to the new roundabout by the station.

**Smoked Salmon & Trout**

**Moulin des Prés, Plourac'h**

Connoisseurs of smoked fish might like to pay a visit to Moulin des Prés where Gilles Landreville salts and smokes salmon and trout in the traditional manner. He is happy to deal direct with the public.

His premises are situated beside the river Auline, between Plourac'h and Carnoët.



**Training / Administration**

**'C.O.B. Formation'**

**Rostrenen & Carhaix**

A new scheme to help English-speaking people come to terms with administrative issues such as tax, health, benefits, insurance, etc., and to find their feet in the job market has been started in Rostrenen and Carhaix.

The scheme is run in association with the local employment offices and is partly funded by the European Union. It is run on a group basis with ten people attending 12 three-hour sessions together. The various topics will be covered by officials from the relevant departments. The course will be conducted in English.

For more information contact Anne-Sophie Oudin: Tel 02 96 29 26 44  
Cost per person 96.50€ (for the course plus two individual meetings with the trainer).

**Brittany Holiday Properties**  
Self Catering Gites & Cottages from  
**£150 per week**  
Long & short term lets Advertise your holiday property with us.  
[www.brittany-holiday-properties.com](http://www.brittany-holiday-properties.com)  
Tel: 0033 (0)2 98 99 82 59

**MAJUSCULE**  
Gifts Pens Art Materials Paints  
Stationery Craft Materials  
15 rue Notre-Dame (opposite the cathedral)  
Guingamp Tel 02 96 43 70 38

**MARTYN COULTER MA**

French/English lessons in your own home



French paperwork explained

02 96 45 98 92 06 17 37 61 78  
martynandruth@aol.com

**GITEM Callac**  
Ets. Derrien  
Electrical goods All Makes  
Complete after-sales service Free Delivery  
English spoken  
Zone commerciale de Kerguiniou Callac 02 96 45 52 82

**Photography**  
For All Occasions  
Parties Weddings Anniversaries Family Groups  
No attendance fee within 20 miles of Callac  
Proofs arranged within 1 hour of the event.  
Very reasonable prices for prints.  
Pay only for what you purchase.  
Digital Photography: We reprint and enlarge from your flash card.  
For quotes phone/ fax: 02 96 45 71 56

**Letters**

**Lift Sharing**

I have an idea which may be of interest to readers of the Central Brittany Journal. I often travel to and from the UK and am victim to having to pay ever increasing ferry prices. Prices for foot passengers go up every year and as for taking my car, I have quite simply been priced out of the market. I am, however, aware that there is a disparity between the amount I pay as a foot passenger, and the amount paid by an extra car passenger.

I would rather pay a person travelling by car on the ferry less than I would have to pay as a foot passenger, but more than it costs them to add me to their ticket - and maybe to get a lift to the port as part of the deal.

My idea is this: could you provide space for people to list dates when they were travelling, spaces available, and a contact number, and a list of contact numbers for people who wanted to travel? This could allow lift sharing to take place, reducing the cost to good-willed car drivers and to the people to whom they offered lifts.

T. Gravener  
This seems to be an excellent idea providing it could be done safely. We have created a page on the website on which anyone can post their suggestions for how such a scheme could be run: [www.thebcj.com/liftsharing.htm](http://www.thebcj.com/liftsharing.htm)

**Cheap Flights**

Flybe are commencing cheap flights from Exeter to Brest, starting on 27 March 2005 - see [www.flybe.com](http://www.flybe.com) - 50 minutes flying time and £34 cost. If enough people write to Mr Rutter, Marketing director, Flybe, Exeter Airport, Clyst Honiton, Exeter, Devon and ask for a stop at Morlaix, it may well happen - or leave your request on the website.

Roger Luscombe  
Letters to Central Brittany Journal, BP 4,  
22160 Callac. [info@thebcj.com](mailto:info@thebcj.com)

**Teri Penswick**  
Pottery, Sculpture  
Original Paintings  
1 rue Ar C'Hoat, 22810 Plougonver  
Tel. 02 96 21 65 28 (phone beforehand)

**Editorial**

In many ways the Central Brittany Journal is run on the lines of a traditional cottage industry: much of the work is done around the kitchen table; the Journal is printed on our office printers, we hand fold and hand staple it, and we then distribute it by driving round the area dropping it off at shops and bars. We would like to keep it this way, at least for its first year, but pressure for change is mounting. The only serious complaint that we receive about the Journal is that it is sometimes difficult to get hold of. From the outset it has been a struggle to keep up with demand: our first print run of 200, in April, sold out within days and the last issue sold over 1200 copies - a lot of printing and stapling! At present we are looking into options for commercial printing and distribution - whatever happens the price will remain at 1€. Other developments keeping us busy include going online - [www.thebcj.com](http://www.thebcj.com) - and preparing for the Christmas Market in Carhaix, where, hopefully, we will all have a chance to meet.

**Central Brittany Journal**  
Editor: Gareth Lewis  
Advertising: Lin Lewis  
Central Brittany Journal  
B.P. 4, 22160 Callac, France  
Tel/Fax: 0033 (0)2 96 21 52 21  
E-mail: [cbj222956@aol.com](mailto:cbj222956@aol.com)  
ISSN: 1767-6738

**MOULIN DES PRÉS**  
Plourac'h  
Smoked Trout Smoked Salmon  
Hand smoked Hand Salted  
Open to the public every afternoon  
02 96 45 05 22

**Afrikaraez**  
African Supermarket  
Food Jewellery Hair Products  
Open 7 days per week till 9 pm  
Closed Monday Morning  
51 ave Gl. de Gaulle Carhaix

**COLLEC - Builders**

**Morlaix**  
Collec is a British-owned building company offering a unique service in the Morlaix area. It is the brainchild of Colin Hammond who has been living in Brittany for 15 years. For most of that time he worked as an industrial electrician, but three years ago he decided to develop his business so that it could take full responsibility for the renovation of the interior of houses and business properties - including wiring, plumbing, plaster-boarding, and the final decoration. It took a year of negotiation before the local Chamber of Commerce was able to accept the concept, but since then Collec has proved to be very popular with businesses and private individuals in the area, who welcome the chance to deal directly with one company that is able to do all the work on their property. Colin is keen to expand the business and welcomes enquiries from anywhere in the Central Brittany region. He says that his company undertakes contracts of any size, from renovating a single room to a whole house, and aims to be able to start work within six weeks of accepting a contract.

**Foire Froide, Callac**

Traders in Callac are concerned that English-speaking people new to the area might not understand the significance of the tickets that they are given, when they make purchases during the Foire Froide - 20th Nov. - 4th Dec. The tickets are in fact part of a prize draw which has become a significant part of Callac life since the event was introduced, over forty years ago. It is now normal practice for the Callacois to delay buying major items such as fridges and washing machines until purchases become eligible for tickets. The Callac scheme is one of the biggest of its kind in the region, and even the supermarkets participate.

**Art Materials - Buro+**

**Carhaix**  
Buro+ in Carhaix has recently extended its range to include a comprehensive stock of artists' materials, including oil paints, watercolours, acrylic paints, pencils, crayons, paper, paint brushes, etc. Top-quality makes such as Caran d'Ache, Winsor and Newton, Lefranc et Bourgeois, Sennelier, Rembrandt and Faber Castell are stocked at reasonable prices.

**COLLEC RENOVATION**

Complete interior renovation  
**Electrics**  
**Painting & Decorating**  
**Plasterboarding & Partitions**  
**Insulation Wood Treatment**  
Free Quotes  
**02 98 67 77 62**  
**06 81 87 71 91**

Collec Renovation is a French-registered company



**Second-Hand English and French Furniture**  
**DEUXIEME DEBUT**

Dining Room, Bedroom, Kitchen, Lounge & Conservatory Furniture  
Domestic Appliances  
Garden Furniture & Machinery  
Doors Windows China Glassware  
**Plus Books Videos & lots more**  
16 rue de Verdun, Rostrenen  
**02 96 29 16 19**

**FOIRE FROIDE CALLAC**

Sat 20th Nov to Sat 4th Dec

**1st Prize: Peugeot 206 Pop Art**



Plus:  
3 x 1550€ vouchers      10 x 150€ vouchers  
3 x 750€ vouchers      10 x 100€ vouchers  
3 x 400€ vouchers      10 x 50€ vouchers

1 ticket given for every 3 euros spent in 70 participating stores.  
Public draw Saturday 4th Dec 7.30 pm.  
(at the Mairie, Callac)

**Places to Visit: The Roman Bridge, Callac**

It would be hard to find a more pleasant place to pass some time than at the old Roman bridge near Callac. By the traffic lights in the centre of Callac, follow the direction marked Guingamp (which leads to the station). Take the first right, in front of the petrol station, and at the foot of the hill, just below the railway, is the bridge, set back a little way from the road and shaded by tall oaks and alders. The Hyère, which is little more than a strong stream at this point, no longer runs under it but has been diverted round in front, and has now made a wide, shallow bed for itself before running under the road. The bridge is, surprisingly, almost completely intact and, although just outside Callac, and not more than a few metres distant from the railway, is exceptionally peaceful - the combination of the running water and the bridge with the marshy wilderness on all sides give it a sense of untouched serenity which is rare to find.



The Roman Bridge, Callac: one of the hidden treasures of the region

**Tea Shop Review: Châteauneuf du Faou**



This teashop is in the exceptionally pretty town of Châteauneuf du Faou. It is on the ground floor of an old, lovingly maintained building, not far from the town square. The tearoom is large and light and the owner very welcoming. There is a good selection of cakes, and quiches and pizzas are also for sale. This pâtisserie is also a boulangerie and sells bread and packets of crêpes. Coincidentally, the proprietors, M & Mme Boyer come from Guérande and the shop stocks - in the time-honoured fashion - pure Breton sea salt harvested by an independent paludier. (See salt overleaf)  
Open 8.30-12.30 & 3.00-6.00 Closed Mon & Sun. pm.  
3 rue de la Mairie, Châteauneuf du Faou

**Callac Online**

Callac is the first town to go on line on our website.



www.thebcj.com

**The Tartan Shop**

6, rue Georges Galgneux  
near "Des Halles Saint-Louis"

56100 Lorient  
02-97-84-90-36  
Wednesday - Thursday - Friday - Saturday  
10am - 7.30pm 10am - 7.30pm

presents all around the colours of Scotland but also  
Art Gallery, Arts and Crafts, Antiques, Confectionery, Garments, Decoration, Wooden, Metal and Cuddly Toys

# Salt

The travelling salt merchant is a feature of Breton life which has disappeared over the past hundred years.

Right up until the early 1900s every village and hamlet was visited at least once a year by someone selling salt. Villagers would exchange grain for salt – usually measure for measure – acquiring enough salt to last them the whole year. Traditionally, the salt was stored in a wooden box attached to the chimney breast and was used to flavour soups and crêpes.

## The 'Paludiers'

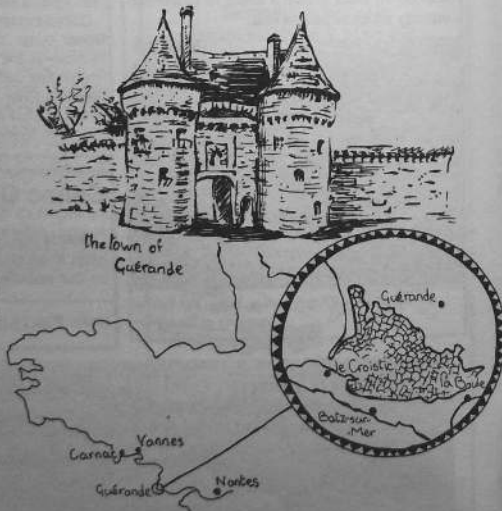
In most cases these travelling salt salesmen were men who themselves harvested the salt from the salt marshes in and around the city of Guérande, close to the Loire estuary.

During the summer months these men, known locally as paludiers, worked on the marshes collecting the salt, and in the autumn, traditionally between All Saints Day and Christmas, some of them travelled round Brittany with trains of mules. Salt destined for Central Brittany would have been loaded onto a ship and sailed along the coast to Lorient, Hennebont or

*The walled city of Guérande is not included in the modern region of Brittany, but historically the salt marshes to its south were a crucial part of the Breton economy*

Quimper, where it would have been met by paludiers who had travelled overland with their mules. The paludiers then made their way from village to village, exchanging salt for the necessities of life which were in short supply in their own region. Very little money probably exchanged hands in these transactions.

For many years these salt merchants were amongst the few people who regularly travelled across the Breton countryside, and they were used by people to deliver messages to friends and family who lived far away; they also transported commodities, such as cloth, on behalf of merchants in the large towns. The fact that they had to use mules rather than horses and carts gives an indication of just how impassable Breton roads were in the past.



## Salt Production in Guérande

Salt is produced in the salt marshes around Guérande in the same way today as it was a thousand years ago.

The area between Guérande and the peninsula which contains the village of Batz and the port of Croisic, is a silted up bay, more or less at sea level. Over the past thousand years it has been remodelled to create an area of salt pans covering thousands of hectares.

The sea is kept at bay by stone dykes. Sea-water is allowed through the dyke at high tide and channelled into reservoirs where it is stored and where the process of evaporation begins.

Salt workers are able to draw off water from the reservoir and direct it along ditches and into holding areas where it is subject to the drying action of wind and sun. The brine gradually becomes more and more concentrated until it is eventually channelled into a salt pan, an area approximately 10 metres square surrounded by a shallow clay bank.

It is allowed to stand in this salt pan until it becomes 'super-saturated' and salt crystals start to form.

*Paludier is the word for a salt worker in northern France, south of the Loire they are known as Sauniers. The word paludier appears to be derived from a Latin word meaning marsh dweller, possibly providing evidence that it was the Romans who introduced salt making to the Breton marshes.*

To find out more about the Breton salt industry visit Terre de Sel, Guérande, a museum, exhibition and shop: [www.seldeguerande.com](http://www.seldeguerande.com)  
The salt is available locally in supermarkets, Bio Coops and in Châteauneuf du Faou (see page 7)

## 'Fleur de Sel'

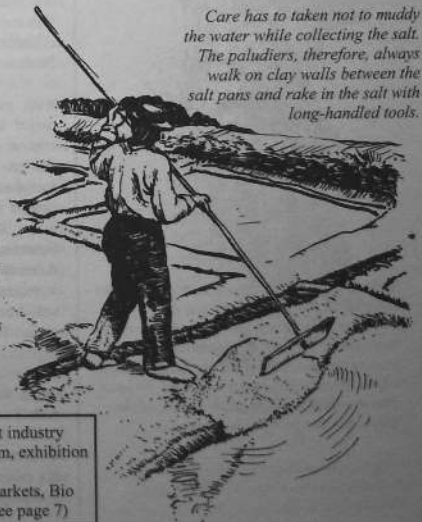
As the brine approaches supersaturation, small salt crystals form over its surface in the evenings. These crystals can be scooped off with a sieve attached to a long pole. When dried, they are pure white and small. They are known as 'fleur de sel' and command the highest price in the market.

## 'Sel Gris'

As more water evaporates, large salt crystals start to form which sink to the bottom, and these are drawn to the side of the salt pan with the help of a flat piece of wood attached to a pole. They are allowed to dry at the side of the pan and are then collected up into mounds. These crystals form the bulk of the crop and tend to have a slightly greyish tinge, because they contain traces of the clay which lines the salt pans.

This salt can either be bought as it is or, more commonly, it is ground down to

*Care has to be taken not to muddy the water while collecting the salt. The paludiers, therefore, always walk on clay walls between the salt pans and rake in the salt with long-handled tools.*



smaller crystals which are sold in the form of 'sel fin'.

The salt marshes of Guérande have proved remarkably impervious to industrialisation. No machine bigger than a strimmer is used on the marshes themselves. Salt is still moved from the salt pans to the road side by wheel barrow, and it is only then that it enters the world of mechanisation.

'Sel de Guérande' is now an extremely successful brand name, selling under a premium in supermarkets across Europe, and even under the name of Celtic Ocean Sea Salt in the United States.



Visitors are often surprised to see wheelbarrows still used to move salt but, in fact, wheelbarrows themselves are a fairly recent innovation. Up until the invention of the pneumatic tyre (which did not become available until the 1930s) they could not be used because their wooden wheel damaged the clay walls between the salt pans.

## The History and Politics of Breton Salt

Salt has probably been produced in Brittany for many thousands of years, but it could well have been the Romans who introduced the technique of evaporating sea water in open salt pans (prior to that salt had been produced by heating vats of brine over wood fires). The south-eastern coast of Brittany is surprisingly well suited to this method of salt production. Contrary to the popular image of Breton weather, it receives an unusually high number of hours of sun each year, and has one of the lowest levels of rainfall in France.

During the early Middle Ages Brittany was the main salt-producing area of Northern Europe, with salt being exported to Scandinavia, England, Holland, Ireland, Spain and Portugal. Salt was in great demand as the principal preserving agent, and was used in large quantities to preserve fish such as sardines, and in the production of salted beef.

Breton salt was exported through the town of Croisic, which became a major port, with permanent consulates from all the major European trading powers. Over the course of the centuries, control of the salt market appears to have passed between merchants from different countries who settled in the town, being at various times under the control of Dutch, British and Scandinavian merchants.

After the discovery of the New World, sea voyages became longer and the demand for salt beef for the ships increased. At the same time fishing vessels, who were exploiting the fishing banks off Canada, had an almost unlimited demand for salt, which they needed to preserve their catch.

### Salt Tax

While salt was providing wealth and trade to Brittany, it was being used as a means of tax raising in the rest of France.

Brittany, and some other French Provinces,

were exempt from centralised taxation right up until the revolution – the Dukes of Brittany imposed taxes on the local people, but the King of France could not.

Salt tax – known as the 'Gabelle' – was one of the most notorious taxes of the old regime. The royal authorities maintained a monopoly on salt, making it illegal for it to be stored or sold except through their agents. The price was maintained at an extraordinarily high level, sometimes fifty times more expensive than the price in Brittany, where salt was more or less exempt from tax unless it was exported.

In these circumstances, it is not surprising that people developed a taste for Breton salt smuggled over the border, and in an attempt to eradicate the black market in salt, heavy penalties were imposed on anyone caught buying or selling contraband salt. Furthermore, everyone over the age of 8 years old was legally obliged to purchase a minimum amount of salt from the official suppliers each year.

Even so, salt smuggling remained a widespread and lucrative occupation throughout the eighteenth century.

### The Revolution

The Revolution marks the turning point in the fortunes of the Breton salt industry. The greatest blow was the standardisation of taxation across the whole of France. Brittany lost its medieval rights to set its own taxes. The revolutionary government had won popularity in the rest of France by abolishing the Gabelle, but it imposed a tax on salt production, which caused resentment amongst the paludiers of southern Brittany.

The travelling salt merchants soon became suspected of aiding the Chouans, a Breton resistance movement opposed to the revolutionary government. As part of their campaign to suppress the Chouans the authorities imposed restrictions on the movement of the salt merchants, which

seriously curtailed their ability to sell salt direct to the public.

To make matters even worse, Napoleon banned trade with England, which had traditionally provided a good market for Breton salt, and in response British ships blockaded the French coast, making it perilous for salt ships even to round the point from Croisic into the Loire estuary, and effectively stopping all trade with Scandinavia, Spain, Holland and Portugal. This trade never really recovered.



Working in the salt marshes was usually a family affair. Women commonly carried 40 kg of salt as a single load.

During the 1800s, successive governments continued to impose the tax on salt production and the paludiers continued to try to evade paying them. At one point there were over five hundred full-time customs officers patrolling the marshes of southern Brittany, trying to ensure that every grain of salt produced was noted and taxed. This weight of bureaucracy appears to have crushed the local salt industry just as its competitors were beginning to mechanise.

**Industrialisation**

By the mid-1800s the salt marshes on the Atlantic coast of France were producing approximately the same amount of salt each year as the producers on the Mediterranean - about 220,000 tons per year. The Mediterranean producers, however, embraced industrial techniques while the producers on the Atlantic coast did not. By the 1930s Mediterranean salt production was fully mechanised, with sea water being pumped between concrete evaporating tanks and harvested by heavy machinery. By 1990, Mediterranean salt production had risen six fold from its level a century before, while the amount of salt produced on the Atlantic coast had slumped to an average of just 12,000 tons per year - little more than

five per cent of its level in the mid-1800s, which itself represented a decline from the heyday of salt production in the Middle ages.

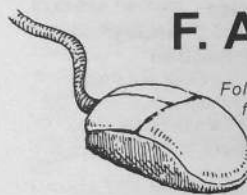
By then, salt production had disappeared from the Atlantic coast south of the Loire, and the large salt pans around Vannes and Carnac had also fallen into disuse. The only large area which had survived in operation was the bay between Guérande and Batz - the area in which salt production probably first started in Brittany.

In the 1980s, this final refuge of salt production was threatened by development of the seaside resort of La Baule, which is just along the coast, to the South.

At the last minute, salt workers (the modern day paludiers) combined with the salt merchants and local politicians to launch a campaign to save the marshes from 'development'.

The campaign was successful and, perhaps to everyone's surprise, the level of salt production has ceased to decline, and the marshes are once again the home to a successful and world-renowned salt-producing industry.

**F. A. Q.**



*Following on from last month, here is another "Frequently Asked Question"*

*posed by English speaking computer users living in France.*

**Q:** I'm having problems with my old computer brought from Britain. Should I buy a new one in France

**A:** Yes, if you cannot get the old one fixed. New computers are very reasonably priced especially in the large supermarkets. But! - and there is always a but (and not just the place that sells furniture) - buying a computer from a supermarket (or BUT) can lead to problems if anything goes wrong. They are only equipped to send machines for repair and will not normally help at all with software difficulties. Here is the biggest "but" of all. Your shiny new computer will come with lots of interesting software - all in French. You may think that this will be a fine chance to learn the language, but unless you are very confident in your use of a program like Microsoft Windows, you will struggle, and will not get the most from your purchase. Modern operating systems are complex and learning to use them whilst trying to understand a new language is a

recipe for catastrophe. Also, if you try to install software which has been written for English-language systems, it might not work correctly.

It is possible to buy machines which have no software pre-installed: good deals can be had on the internet, but the problem of returning faulty goods is even more difficult to resolve for goods bought online. There are several local suppliers who could provide such machines and who may be able to install software of your choice; this option will be more expensive at the start but you will have some hair left at the end! Remember that you can always go back to the corner shop to seek advice or complain. How much more satisfying it is to improve one's French that way.

*Please send questions to: graxwarrior@aol.com*

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

**NOW AT @mouest**  
 EUROPE  
 Make great savings with phone cards to anywhere in the world.  
 France→England: 1000 min. 15€  
 France→USA/Canada: 1250 min. 15€  
 PLUS ORANGE - SFR - WANADDO and LIVEBOX packages  
 Large range of office, computer and telephone supplies  
 English operating systems available  
 @mouest 4 place de la République 22110 ROSTREHEN phone: 02 96 29 14 00

**Subscribe to the Central Brittany Journal 12 issues 18€**

Please complete the form below and return it with a cheque for 18€ made payable to P.L.A.E.: Central Brittany Journal, Boite Postale 4, 22160 Callac de Bretagne. (The journal will be sent out by second class post to addresses in France and at brochure rate to other European countries, including the UK.)

Name: .....

Address: .....

Please start my subscription from (month): .....

**LINK Multimedia Computer Specialists**  
 Computers Modems Printers  
 Computers Built to Order  
 Repairs All Makes  
 6 place de la Mairie Carhaix 02 98 99 26 40

## Travel Roundup

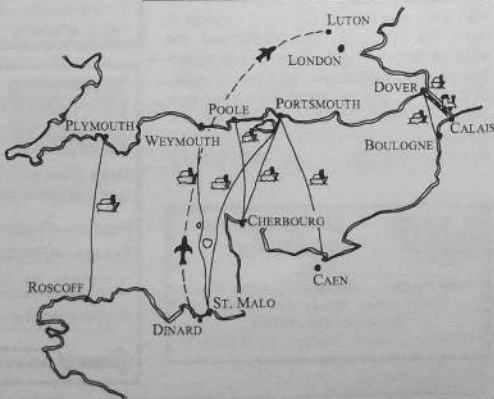
The cost of travel to and from the UK appears to be one of the issues that causes readers of the Journal the most concern. We plan to have a regular roundup of travel information which will, hopefully, help to give a clear picture of the various travel options. To the best of our knowledge, information is accurate, but it is notoriously difficult to make sense of the different options available and we welcome corrections and updates from readers.

### Ryan Air

Ryan Air now flies 1 flight per day direct from Dinard to Luton, at 4.05 pm; flight time 50 mins. Check-in closes 40 min before take off. Prices vary from 130€ to 540€ return. Best prices are usually available mid-week, if you book in advance (14 days or sometimes 28 days), and if you book on the internet. [www.ryanair.com](http://www.ryanair.com)  
Info: 02 99 16 00 66 / 08 92 55 56 66

Parking at Dinard costs 5.10€ for the first day and 2.20€ for subsequent days.

Travel connections at Luton include rail links to Kings Cross, the City and Gatwick Airport. Luton Airport Parkway is part of the Thameslink network. There is a coach link to Milton Keynes which connects to Virgin trains. [www.virgin.com/trains](http://www.virgin.com/trains)



### Brittany Ferries

Caen/Cherbourg & Cherbourg/Poolle **138€ return special Offer**  
Special offer on the **Caen and Cherbourg** daytime sailings in November and December: 138€ for a three day return for two people plus a car (extra passengers 7€ each).

**Roscoff/Plymouth** - usually one sailing per day. 6 hour crossing, except when the crossing is on the Pont Aven, which takes 4h 45min.

**St. Malo/Portsmouth** - six sailings per week during November

The Brittany Ferries website is updated every day: [www.brittany-ferries.com](http://www.brittany-ferries.com)  
Tel: 08 25 82 88 28

### P & O Ferries

P & O are cutting back their ferry business. Crossings from Cherbourg to Portsmouth continue at least until the end of the year. The Le Havre/Portsmouth crossing may be taken over by Brittany ferries. [www.poferries.com](http://www.poferries.com)

### Condor Ferries

France/Channel Islands/UK  
Crossings from St Malo to Poole, Weymouth and Portsmouth, via Jersey and Guernsey.  
**Special Offer 26€** per person 1 day shopping trip to Jersey. Leave 8 am, return 5.50 pm.  
Crossing 1 h 15 min.  
0825 160 300 3 [www.condorferries.fr](http://www.condorferries.fr)

### Speed Ferries

**Boulogne / Dover £50 / 76€**  
£50 for one vehicle and up to six passengers, fixed price return, independent of duration of stay.  
50 minutes crossing. 3 crossings per day. The boat holds 800 passengers and 200 cars; there is a fixed price for all vehicles but there are restrictions on height and width. Tickets can be amended (fee 15€), and are valid for returns up until the end of 2005.

It is a long drive to Boulogne but the route via the Pont de Normandy is almost completely dual carriageway or motorway and is generally exceptionally quiet, making this crossing worth considering, especially if visiting the South East of the UK.  
[www.speedferries.com](http://www.speedferries.com)

Please send information for this page to [info@thebj.com](mailto:info@thebj.com)

### B & B And Places to Stay

A new guide to places to stay in Central Brittany:

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



**Noz Vad**  
Bar - Hotel

- 43 En-suite Rooms
- Telephone, Internet
- Satellite TV

Tel 02 98 99 12 12  
Fax 02 98 99 44 32

12, Bd de la République 29270 Carhaix [www.nozvad.com](http://www.nozvad.com)

**CHAMBRES - B & B**  
Centre of Huelgoat

Open all year    Luxury en-suite Rooms  
Private entrance    T.V. in rooms

John & Gala Robertson    Tel/fax: 02 98 99 71 89  
7 rue du Docteur Jacq    Mobile: 06 68 05 67 04  
29690 Huelgoat

**CHAMBRES D'HÔTE**

B&B in country position nr. Carhaix

Open all year    En-suite rooms  
Panoramic views    Guest lounge

Pieter & Jean Coomber    Tel: 02 98 93 08 37  
La Grande Maison    lagrandemaison2@wanadoo.fr  
22340 Le Moustoir    [www.holidayinbrittany.org](http://www.holidayinbrittany.org)

**LE LION D'OR**  
BAR / TABAC / LOTO / PRESSE

**ENGLISH LANGUAGE**  
NEWSPAPERS

**22570 GOUAREC**  
(On the corner of the main road through Gouarec)




**La Fourmi Rouge**  
(The Red Ant)

Bar Terrace  
Breton Beer

20 rue Portz-en-Haie Le Fauët







Brittany has its own heritage of folk tales – comparable to the stories collected by the Brothers Grimm in Germany. Like all such stories they contain a blend of adventure and wisdom which has captivated children and adults for centuries:

## How Fransez Pautremad Found his Fortune

Once upon a time there lived a young man called Fransez Pautremad. He was as strong as an oak, as tall as a giant, and as brave as a lion. No one in Brittany could be found to match him. Unfortunately, he also had a mighty appetite, and his father could not afford to feed him. Soon he became very poor.

"My son," said the old man one day, "When the bird grows wings, it leaves the nest. The world is full of many paths, go out and seek your fortune. If you are ever in difficulty, ask the advice of old people – they are wise and will be able to help you.

Fransez took a stout, knotty stick and set out into the world. As he walked through villages farmers called out to him, "You're a strong young fellow. Come and work for us."

"You will find my wages a little high," said Fransez, "I'm looking for my fortune."

As he walked through the towns the King's officers stopped and offered him a place in the army.

"Will I find my fortune?" asked Fransez.

"Men say soldiers sometimes find their fortune," said the officer, "but we never have. Continue on your way."

Fransez walked on and on; soon he began to think he would reach the end of the world, where the sun rests for the night. Still, his purse was as flat as when he set out from his father's house.

"My father said follow the paths of the world and you will find your fortune," he thought to himself. "But I am as poor as I ever was. I will ask the advice of old people, for he said they are wise and will be able to help me."

So Fransez began to look for the oldest person in the world. At last he reached a lonely spot, and saw a tiny hut. Its roof was very low, and it was covered with moss. From the inside came the whirr, whirr of a spinning wheel. An old lady was sitting spinning. Her skin was so lined, her body so shrivelled that she must have been at least a hundred and fifty years old.

"Good day, Grandmother," said Fransez. "You are the person I have been looking for, for my father told me to ask the advice of old people when I did not know what to do."

The old lady put her finger to her lips. "Hush. Do not speak so loud, or you will awaken my grandmother."

"Is your grandmother still alive?" cried Fransez, "She must be so old that she has lost count of her age."

The grandmother had awoken and was trying to sit up. Her skin was like parchment, and her nose was so hooked that it almost met her chin. She had heard the traveller's request and began to speak.

"So you are looking for your fortune, young man," she said. "You will only find it on one condition; you must avoid men and defend the oppressed."

As Fransez walked away he thought about this advice.

"Avoid men and defend the oppressed," he thought. "How can I do that? I am no better off than I was."

Still, his father had told him to follow the advice of old people, and he decided to take heed of the grandmother's words. In the middle of a deep forest, far from mankind, he built a little hut. There he lived, surrounded by the birds and beasts, and he took care of weaker creatures and defended those that were in need.

One day he heard the cries of a bird. On drawing near he saw that it was about to eat a little bee, which had landed on a flower.

"Kuit! Kuit!" sang the bird, "M'hou t'ebrou, komm'! M'hou t'ebrou!" (I will eat you little gossip! I will eat you!)

With a blow of his stick, he felled the bird to the ground. Immediately he was surrounded by hundreds of bees. They did not sting him, but performed a graceful dance about his head.

"You have saved our Queen," they buzzed. "How can we repay you?"

"The pleasure of having helped you is enough," said Fransez.

"All the same, we are in your debt," said the bees. "If you are ever in need, we will help you."

The next day Fransez was walking through the forest when he heard the neighs of a terrified horse. The poor animal was being attacked by wolves, and could not protect itself.

"Another chance to defend the weak," said Fransez. With a few blows of his stick he felled two or three wolves, and the remainder fled into the forest.

"Thank you young man," said the steed. "You have saved my life. I am the King's horse, and I will repay this service."

On his way home Fransez saw a sparrowhawk swoop down on a swallow that had landed to drink from a spring. In a moment he had killed the attacker and set the swallow free.

"Thank you," said the bird, "You have rescued the queen of the swallows. If you are ever in need, I and my subjects will fly to your aid."

The surprises were not at an end. As the swallow flew away, Fransez heard the mewing of a cat. The poor creature was trying to defend her little ones from a large hound. Fransez slew the ferocious animal, and the cat began to purr with gratitude.

"You have saved us," she said. "Know that I am queen of the cats, and some day I will repay you."

Seeing that animals were no different from men, Fransez left the forest and continued his travels. He walked and walked but he still could not find his fortune and he began to grow weary. He longed to return home, but he was afraid of what his father would say.





### Learning French Through an Appreciation of Literature

While there is much to be said for modern methods of language learning including CDs, DVDs, tapes, etc., many people still find that they derive more enjoyment from traditional methods.

It is often supposed that the old-fashioned way of learning a foreign language involved studying books of grammar, learning irregular verbs, and memorising lists of vocabulary. This may have been the method employed in schools (and it was probably just as ineffective as the methods which have replaced it) but the method favoured by



Books lose much of their original character even when they are well translated, such as the Tintin books.

#### Bookshops – Carhaix:

Residents may have noticed that specialist bookshops are not a feature of the high street in Central Brittany, however, many newsagents have surprisingly comprehensive book sections. Most noticeable amongst these is the Maison de la Presse in Carhaix. The business was taken over three years ago by Jean-Louis and Marylène Mobuchon and the couple decided from the outset to concentrate upon building up the book department. The shop now has an excellent range of French fiction and non-fiction, as well as one of the best sections of Breton-language books in the area: there are also English language books, bi-lingual books, and an extensive range of dictionaries and reference books.

Jean-Louis and Marylène are able to order any book in print (books published outside France are probably cheaper on the Internet) and are able to offer advice in tracing unusual titles. The full range of Tintin books is kept in stock!

scholars was to purchase a classic title in the language concerned and then to read it with the aid of a dictionary.

Anyone living in France, or who visits France regularly, should have no difficulty in following this method, no matter how little, or how much, French they have studied before.

Select a book that you have always wanted to read, and a fairly comprehensive French / English dictionary. If you have no previous experience of French, start translating one word at a time, writing the words down as you look them up. Progress will be slow at first and you may not understand the grammar, but you will gradually develop a feeling for the sense of the text and your speed will increase, driven on by the enjoyment to be gained from reading a good book in the original language.

When combined with daily conversational practice – which comes naturally if you are living or staying in the area – reading in this way is still one of the most effective methods of improving one's all round level of French.

#### La Louve

Maison de la Presse – Callac

Office Supplies Colour Photocopy  
Spiral Binding Internet Access CD Writing  
Printing Fax Documents Laminated

English newspapers and books

12, pl 9 avril 1944 – Callac 02 96 45 50 40

*maisonde lapresse*

UK Newspapers & Magazines,  
Books, Greetings Cards,  
Postcards

2, rue des Martyrs – Carhaix 02 98 93 04 77

## CHRISTMAS MARKET

- \* Christmas cards
- \* Jams and jellies
- \* Pottery
- \* Mince pies
- \* Tartan
- \* Dolls
- \* Cakes
- \* Books
- \* Spinning
- \* Paintings
- \* Silk painting
- \* Crochet quilts
- \* Christmas puddings
- \* Freshwater Pearls
- \* Organic onions and garlic



28th November

1:30 p.m.

Les Halles, Carhaix

#### Refreshments

Carol singing at  
5:00 p.m.

FREE ENTRY

Organised by the Central Brittany Journal  
All welcome

20 Fransez Pautremad continued from page 17

"When I was in the forest I helped many poor creatures," he said to himself. "Maybe they can help me." Raising his voice he called, "Queen of the swallows where are you? Come to my aid."

Almost immediately the bird appeared.

"How can I help you, master?" asked the swallow.

"I want to know how to find my fortune," said Fransez.

The Queen of the swallows summoned all her people, and Fransez asked them the same question.

"I do not know," said the first swallow.

"Nor I," said the second.

"I do," said the third. "It lies in the castle of the Caragine<sup>1</sup>, but no one can enter there. The castle is surrounded by three walls. Behind the first wall are thousands of rats, who will eat anyone who passes through. Behind the second are furious lions and behind the third is the Caragine. In the castle itself there is a prisoner. She is the king's daughter, and she is the most beautiful creature in the world.

Fransez did not stay to hear more. He walked over hills and rivers for many months until he reached the castle of the Caragine. It was as tall as the clouds, and it would have taken twenty men to open the door. This did not discourage Fransez.

He set his mighty shoulder against the door and burst it open. No sooner had he done so, but lo! fifty or a hundred rats leapt down and began to bite his face and neck.

"Queen of the cats, come to my aid," he cried.

In the blink of an eye cats swarmed over the surrounding landscape and began to pour into the castle. Soon all the rats had been devoured.

"Queen of the bees, come to my aid," called Fransez. As he said these words, he set his shoulder against the second door and burst it open. The lions rushed to meet him, but already a black cloud of bees was pouring through the door. They stung the lions and in the confusion the terrible beasts slew one another.

The Caragine had heard the dreadful noise, and came running to help his servants. Fransez did not hesitate; with a blow of his stick he felled the giant to the ground and rushed into the castle.

He was greeted with joy by the poor prisoner. The little swallow had spoken the truth for she was indeed the King's daughter, and she was the most beautiful person in the world.

Fransez called the King's horse to him, and told him to carry the good news to his master. When the King heard that his daughter was free, he was filled with joy, and vowed to give his whole kingdom to her saviour.

Soon the marriage of Fransez Pautremad and the king's daughter was celebrated, and they lived happily in the Caragine's castle for many years.

<sup>1</sup>a Breton Giant



**Mieux vaut écouter la voix de la conscience, que le bruit de la renommée.**  
 Better worth to listen the voice of the conscience, than the noise of the renown.  
**Better to listen to the voice of one's conscience, than to the noise of fame.**

**WORD SEARCH - BIRDS**

Find the names of 56 different birds. Words can run forwards, backwards, up, down, and diagonally. Letters can be used more than once.

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

- |            |               |               |              |
|------------|---------------|---------------|--------------|
| BARN OWL   | GOLDCREST     | MISTLE THRUSH | SPARROWHAWK  |
| BLACKBIRD  | GREAT TIT     | NIGHTINGALE   | STARLING     |
| BLACKCAP   | HOOPOE        | NUTHATCH      | SWALLOW      |
| BLUE TIT   | HOUSE MARTIN  | PARTRIDGE     | SWIFT        |
| BRAMBLING  | HOUSE SPARROW | PHEASANT      | TURTLE DOVE  |
| BULLFINCH  | JACKDAW       | PIBIT         | WAGTAIL      |
| BUZZARD    | JAY           | REDSHANK      | WHEATEAR     |
| CHAFFINCH  | KESTREL       | REDSTART      | WHITETHROAT  |
| CHIFFCHAFF | LAPWING       | ROBIN         | WOODCOCK     |
| COAL TIT   | LINNET        | ROOK          | WOODPECKER   |
| CROW       | LITTLE OWL    | SERIN         | WOOD PIGEON  |
| CUCKOO     | LONGTAILED    | SISKIN        | WREN         |
| DUNNOCK    | TIT           | SKYLARK       | YELLOWHAMMER |
| EAGLE      | FLYCATCHER    | MAGPIE        |              |
|            |               | SONG THRUSH   |              |

## Rendering and Pointing With Lime

As has been mentioned in previous articles in this series, the majority of houses in the countryside in central Brittany were built out of materials that were available in the immediate vicinity: oak trees in neighbouring fields were felled for beams; stones were recycled from dilapidated buildings in the surrounding area; and the most common material used for packing between the stones, was simply soil dug from the ground beside which the house was being built.

Techniques did change a little as new materials became available, but houses built even as late as the 1950s may still have been built by local people who were farmers, not specialised builders, and who still respected the tradition of using locally sourced materials. Such houses may have a mixture of sand and lime holding the stones together.

Professional builders have traditionally viewed these country cottages as being not fit for habitation; hence the trend over recent decades for the widespread building of new houses and the allowing of older homes to fall derelict.

This has resulted in a surprising dearth of proper information about how traditional Breton homes can be renovated, and how modern facilities such as plumbing, electricity, damp-proofing, and insulation can be installed whilst respecting the nature of the original materials.

In particular, one of the biggest questions is how well modern cement is able to

combine with a stone and earth wall. Cement has been developed to be used with bricks and breeze blocks. It sets quickly, forms a strong bond and confers strength to a wall.

None of these qualities are particularly useful when it comes to repairing, rendering and pointing stone walls. The strength and rigidity of cement becomes a problem on a wall in which the stones are settling and shifting from one season to the next, and the relative impermeability of cement, which may be an advantage in a brick wall, can also lead to difficulty: it is almost impossible to stop water entering an old stone wall during spells of heavy rain, and once it is in, the cement stops it from getting out. This can result in the water finding its way through to the interior of the house, possibly causing damp problems that did not exist before the house was rendered or pointed with a sand / cement mix.

Lime, on the other hand, seems to work quite well in association with old stone walls. Lime takes longer to set than cement, is not as hard, and is more permeable to water: properties which have led to its falling out of favour in modern buildings. However, they may be an advantage in old stone walls: the lime mixture is more malleable than cement and settles with the stones, making it effective in stopping water entering the wall; and lime is more porous than cement, so that water trapped in the wall is able to escape.

**Brittany Property Services Ltd**  
 Electric Plumbing  
 Stonework Plastering  
 All Building Work  
 Maintenance contracts undertaken  
 02 96 21 50 02 britpropvcs@hotmail.com

**The Kilted Gardener**  
 Property Maintenance  
 (Landscaping)  
 Scottish owned Company French Registered  
 Plant Hire with operators + Garden Machinery  
 Very Reasonable Hourly Rate 30+ years experience  
 Tel: 02 96 45 74 55  
 Siret No: 452 493 794 00013 E-mail: chas.lindsey@tiscali.fr

## Chapelle Sainte Brigitte

A local association has been working for the past seven years on the sympathetic restoration of the Sainte Brigitte chapel, in the commune of Motreff between Carhaix and Gourin.

The chapel was built in the fifteen hundreds and for many centuries was regarded as a shrine, beneficial to women who wanted help conceiving, or in their pregnancy.

It fell into disrepair in the mid-1900s and by 1986 was a ruin. The association Motreff Sainte Brigitte was formed in 1997 to try to save the building, and since then the steeple has been taken down and rebuilt, the roof timbers have been replaced (involving 25 tonnes of oak) and new tiles put on the roof.



Chapelle Saint Brigitte, Motreff

Work in progress at the moment includes rendering the walls with a traditional mixture of earth and hemp.

All work is done by volunteers who are usually present at the site on Saturdays.

Disadvantages are that it requires longer drying times, requires more experimentation to get a good mix, and lime is more expensive than cement.

It is best to experiment using different proportions of lime and sand. Also, the addition of slaked lime sometimes improves setting: requirements vary according to the season and the humidity. It is also possible to add a certain amount of cement – to speed setting and strengthen the bond. Some trademarked lime products contain a mixture of lime and cement

Local builders' merchants such as Point.P in Rostrenen or Queguiner in Carhaix stock lime and are able to advise on its use.

**PLUS QU'ÉLEC**  
**ELECTRICITY**  
 Serving the French/English community.  
 Rewiring Exterior Lighting  
 Inspections New Houses  
 Phone: Stewart 02 96 21 53 60 / 06 88 49 58 47  
 Amar 02 96 36 51 86  
 La Villeneuve Poder Plusquelec 22160

**Mini Digger and Driver**  
 No local delivery charge Charged by machine hour  
 Gardens Drainage Building Work  
 Driveways Banking & Clearing  
**Free estimates and advice**  
 Peter Gravener Plusquelec  
 Tel/fax: 02 96 45 04 43 Mobile: 06 65 33 89 93  
 p.gravener@tiscali.fr

## ECO-CONFORT Yannick Pastor

**Windows and Doors:**  
 PVC, Aluminium,  
 Wood, Front Doors,  
 Porches and Verandas

**Motorised Shutters  
 and Blinds**

**Heating:** Wood burning stoves, warm  
 air central heating

1 rue de Callac CARHAIX  
 Tel: 02 98 93 14 46 (English spoken)



**Tim the Gardener**

**Trees**

People moving to an area naturally feel concern that their presence may in some way contribute to the erosion of local traditions, especially in an area as rich in culture as central Brittany.

This leads to much impassioned debate about which aspects of an area's heritage are in most need of preservation. In these discussions, the importance of trees is often overlooked: most other things, whether they be solid items such as buildings, or less tangible things such as music or language, can be restored, or recreated, even after a period of neglect, but if a mature tree is cut down it can never be replaced.

Anyone who is lucky enough to have any mature, native trees on their property can therefore feel that they are playing a significant role in preserving the heritage of the region if they simply allow them to continue living.

**Planting Native Trees**

There are also many sound gardening reasons for planting native trees.

For example, a hedge made of native species such as holly, yew, oak, beech, hazel, blackthorn, etc., blends in with the surrounding countryside, makes the perfect windbreak, is hardy, and provides an ideal habitat for the local birds which themselves do so much for the garden.



Be careful to make sure that there's roughly the same amount of branches above the earth as there are roots below.

It might be a good idea to start a tree nursery this Autumn, with any cuttings or small trees from around your garden.



**Tree Nursery**

Instead of buying saplings, one can start a little tree nursery in the corner of the garden. Move tree seedlings that you find growing around the garden, when they are one or two years old. Allow them to grow on for another full year. Transplant them to their final growing position in the spring. Treating them in this way stimulates root development, which increases their chances of survival.

Tree seeds, such as acorns, chestnuts or even walnuts, can also be planted in the tree nursery.

**Transplanting**

The most serious hazard for transplanted trees is being blown around in the wind. This disturbs the roots and prevents them binding to the soil, making the tree vulnerable to drought in the summer.

To avoid this happening, cut off any long shoots and branches at the time of transplanting.

**The Green Man**

for your green space

Garden care Creative input Tree surgery  
Over 25 years experience City and Guilds  
Royal Forestry Certificate  
T.V.A. registered Insured Free estimates

Phone Nigel & Pat: 02 98 93 40 88 02 98 93 41 38

**Tim the Gardener: Broad Beans**

For reasons which it is difficult to understand, broad beans are not traditionally grown in this area. As anyone moving from the UK is aware, broad beans have long been one of the most popular plants in British vegetable gardens, and British gardeners are prepared to go to considerable lengths to get a good crop of this most remarkable vegetable.

Conditions for growing the plant are in fact much better here than they are in the UK: the biggest problem with broad beans is that they can be attacked by black fly in the summer. The best way to avoid this is to plant the beans in the late autumn so that the plants mature in the spring, before black fly become a problem.

The relatively mild winters of Brittany mean that, in most years, beans planted in November will survive the winter without much difficulty. They should be planted in a well-drained vegetable bed - if the ground is both cold and waterlogged there is a chance that the beans will rot, even though they are much more tenacious than most other bean seeds - and if possible in a place where they are sheltered from cold winds.

One problem which sometimes occurs is that there is a spell of mild weather in January or February, which stimulates new growth, followed by a period of freezing cold, or chilling winds, which kills the tender leaves. If this looks likely to happen, young plants can be protected by a loose covering of straw or



If mice or pigeons are a problem, seeds and seedlings can be protected by rings cut from plastic water bottles.

bracken, which is removed when the bad weather has passed.

Weeds tend not to grow too prolifically at this time of year and if the beans are weeded once or twice over the course of the winter, they will then be in a good position to forge ahead when the warm weather comes in the spring.

Fresh broad beans do not store well after picking. Anyone who has previously only ever tasted beans bought from the shop is in for a delightful surprise. There is no way of describing the taste of the first crop of young beans picked from the garden in the spring!!

Broad bean seeds can be bought locally. They are called 'Fève' and the most readily available variety this year is 'Seville à longue cosse'.

**PETER SMITH**  
TREE SURGEON

Felling - Pruning - Hedging - Fencing  
Stump Removal - Wood-chipper  
Cherry-picker - Firewood

All arboricultural work undertaken Plougonver 02 96 13 40 05

**YVON**  
**QUEMENER**

LAWNMOWERS  
STRIMMERS CHAINSAWS  
AGRICULTURAL EQUIPMENT

**NEW / SECOND-HAND / RENTAL**

Callac (on the by-pass) 02 96 45 51 64

**PAUL JOHNSON** R.U.S.  
Garden Maintenance

◆ Lawns ◆ Borders  
◆ Fruit Trees ◆ Garden Design  
◆ Vegetables ◆ Landscaping

Free estimates Tel: 02 98 99 79 44

**SPINDLE TREE** French: *Fusain* Breton: *Skavenn-wrac'h*

This is a little-known tree, and one which is never found anywhere in very great abundance, but it does, however, deserve attention for its unique beauty. This is the time of year when it is most easy to recognize and spot in the hedgerows, due to the presence of its characteristic fruit, which are bright pink and later split open to reveal four berries of the most vivid orange colour. Their singular resemblance to a Catholic priest's biretta, or hat, has given them their French name, *bonnet de prêtre*. At other times of the year the tree is hardly noticeable and not so easy to recognize; however, certain other features are characteristic; the leaves are tapering and slightly toothed and – something that is very unusual – its branches, rather than turning brown and woody in their second year like most trees, remain green for four to five years longer.

As implied by its name, the spindle tree used to be used for making spindles, its hard-grained wood proving very useful for that purpose; and indeed, it would seem that the Romans used the tree for this too, their name for it being *fusus*, which also means spindle.

If a specimen of the tree can be located, it might be worth while to try and propagate a cutting for your own garden; a small twig should be snapped off and half buried in soil – if all goes well it will take root easily and be ready to plant out into its final position the next year. It will never grow to a very great height (about 5m at the very most) and will do well in both sun and shade. In Autumn it will be covered in its wonderful pink fruit and then followed by a colourful Autumnal display as it sheds its leaves. However, the fruit is strongly emetic and should never be eaten.



Leaf



Fruit



Dormant twig

**Le Poher**  
 LE HERAÛD DU CENTRE-BRETAGNE

Brittany's first weekly paper to feature an English language section.

Local News Legal Advice Special Features

Special Offer: 1 year's subscription 42€ (save 10 €)

Name & Address.....

Le Poher, 13 place de la Mairie 29 270 Carhaix-Plouguer

**LA JARDINERIE HOLLANDAISE**

Le Carly 56480 STE BRIGITTE Tel: 02 97 27 62 19  
 LARGE SELECTION OF SHRUBS...TREES...FLOWERS...BULBS

Very competitive prices  
 ENGLISH SPOKEN

Landscaping and garden maintenance  
 OPEN EVERY DAY EXCEPT MONDAYS

**What's On**

**English Used Book Sale!**

- \* Bring 'n' Buy Book Stands available. Books bought on the day.
  - \* Bar, Log fires + Gossip! Make contacts, Make Friends!
  - \* Free Buy/Sell Service
- For more info or to book a table  
 Tel Ray / Yvonne 02 96 45 79 11  
**Sunday November 14th**  
 10 am - 1 pm.  
 Auberge Ty Pykouz, St Nicodème  
 Signposted from Callac  
 Every 2nd Sunday of the month!

Anglican Church in Brittany

**CHRIST CHURCH BRITTANY**

Come and celebrate Christmas with us at a Carol Service in GUERLESQUIN.

Sunday 12<sup>th</sup> December 3 p.m.  
 For details tel. Roy & Melanie Johnson: 02 96 78 11 01

**Table Top & Book Sale Carnoët**

Sunday 14th November  
 10 am – 3 pm  
 Homemade cakes & biscuits  
 Table 5 euros. Booking recommended  
 Tel Carolann: 02 96 21 54 62  
 1 rue Pont ar Gwin, Carnoët

Looking for a gift?

**Christmas Market Arts & Crafts**

**MOTREFF**  
 Salle Polyvalente  
**Sunday 28<sup>th</sup> november**  
 9 am to 7 pm

For the benefit of the renovation of Ste Brigitte's Chapel

Admission Free

**Choir** Callac & Belle Isle en Terre

The choir 'Callabelle' is looking for new members. Rehearsals take place every Thursday evening and alternate between Callac and Belle Isle en Terre. The choir is led by Patrick Cloerec and its repertoire includes songs from all round the world. For more information call 02 98 72 85 43 in the daytime or 02 96 45 03 62 evening or 02 96 45 02 77 (English).

**AIKB** (Association Integration Kreiz Briezh)

**6th November** Trip to Rennes, guided tour of the restored parliament building, lunch and visit to the old town. Members only.  
**17th November** Visit to fire station in Rostrenen. Meet at the fire station at 2.30 p.m.  
 Members 5 €. Non members 7€. 02 96 24 87 90

**Écomusée des Monts d'Arée**

Commana  
**Thursday 25th November.** An afternoon's instruction in the art of fruit tree planting.  
 2 p.m. – 5 p.m. 4.50 €. 02 98 68 87 76

**Um Trio Vira Latta** Peument-Quintin

**Saturday 13th November 8.30 p.m.** Three young musicians from São Paulo, Brazil. Music from the streets and cafés of Brazil. 8€. 02 97 23 83 83

**Classified Advertisements:**

**Special Offer:**

**Dec 2004: 1.50€ for 15 words**

For larger ads normal rates still apply: 3€ for 25 words. Please send text, with your name, address and phone number, together with a cheque made payable P.L.A.E. before **20th November** to:  
 Central Brittany Journal, Boite Postale 4, 22160 Callac

Category: property / holiday let / animals / vehicles / services / health / items wanted / employment / other

**Kennels**

**Penanhaie Boarding Kennels and Cattery**

Purpose-Built Accommodation for 6 dogs and 6 cats  
*Individual needs met*  
7 km west of Carhaix  
David and Pamela Menzies  
02 98 93 43 05  
menzies2@wanadoo.fr

**Yves Joncour Callac Kennels Dogs and Cats**

- Individually heated boxes
- Exercise area
- Walks
- Visit before booking



Kervégant 22160 Callac  
02 96 45 59 22  
www.epagneul-bretion.com

**Pet Sitting**

**Petsitter** Worried what to do with your pets? Qualified vet nurse, will look after them in your own home. Call Elaine 06 66 02 30 06

**Animal & Home Care Agency**



- Horses, Dogs, Cats, Goats, Chickens, etc.
- Feeding, Walking, Stable Care, Rug Changing, General Care
- Specialised Dog Grooming & Clipping
- Home & Garden Maintenance  
Susie: 02 98 99 53 18  
E mail: guernazou@aol.com  
Carhaix / Gourin + surr. areas

**Horses**



**PONEY-CLUB DE GLOMEL**  
Lessons Hacks  
All Levels All Ages  
Goas an Morvan 22110 Glomel  
02 96 29 31 87  
(on the N164 between Carhaix and Rostrenen)

**Horse / Pony Riders**

- Lost your confidence
  - Have behavioural difficulties with your equine - or
  - Just need some good advice
- Contact Kyona 02 98 93 59 90

**Kittens**

**Kittens** 2 black females. Litter trained. De-fleed, wormed. Used to children & dogs. Free to very loving homes  
02 98 93 55 89

**Kittens** 2, adorable, 8-week-old kittens looking for good homes.  
02 96 21 54 62

**French Language**

**Accredited Translator** for your paperwork and certificates. Contact Danièle O'Neill: 02 96 47 26 55

**French Conversation Classes** - emphasis on fun! Small, friendly groups or individual lessons. Also translations & help with French paperwork.  
Tel: Helen 02 96 36 68 53 (Siret registered)

**To Advertise:** Call Lin 02 96 21 52 21  
Black & White Box 18 cm<sup>2</sup> box: 1 insertion €15 3 insertions €36  
Colour rates upon request  
Copy deadline 20<sup>th</sup> of the month  
cbj222956@aol.com

**Horses**

**Welsh Cob** Sec.D. 6 yo. Registered chestnut gelding. 15.2 HH. Backed & lightly schooled. Good for Farrier, catch, box. Green in traffic. Ill health forces sale. 2600 euros. Phone: 02 96 21 58 34  
Also **Skewbald cross-breed gelding** with feathers. 13.2 HH. 4 yo. Good in all ways. Backed & turned away. 1200 euros. Phone: 02 96 21 58 34

**Dogs**

**Welsh Corgi** V. friendly. 7 month dog pup. Vacc. Chipped. House-car, lead trained Exc. with kids & cats. Available through no fault of his own. Very reasonable price. 02 98 93 55 89

**Garden**

**Garden Sheds Garages Wooden Chalets**  
On view at:  
**Guingamp:** Beside the RN12  
**Rostrenen:** rte de St. Brieuc  
**Callac:** Quemener (on the rdbt.)  
Sales, delivery & assembly  
  
06 77 85 09 17

**English Gardeners For French Gardens!**

**David & Sylvia Leigh**  
02 96 45 78 79  
*Experienced, qualified & knowledgeable*

**B&B**

**New B&B CORLAY.** Côtes d'Armor. 2 double rooms, 1 twin - private facilities, lovely gardens. 20 € per person, non smoking.  
Phone: 0033 (0)2 96 29 43 06

**Bed and Breakfast** Character House. Tranquil Gardens. 25 euros per room.  
Maison Daisy, 22110 Plouguernevel  
Tel: 02 96 36 06 97  
Robert & Jackie Thomas

**Brittany Breaks - B&B in Pont Melvez** between Callac and Guingamp. From 22.50 euros p.person. Evening meal with wine available. Family-Twin-Singles. Pool with terrace. Open all year.  
Tel: 02 96 13 42 20  
www.BrittanyBreaks.info

**Bed and Proper Breakfast**  
From €25 per room  
Mael Pestivien  
Phone: 02 96 45 71 56

**Holiday Lets**

**Beautiful Rural Breton Cottage.** Special rates until 1st December. 300€ per week (42€ p/n) includes all charges, bed linen & towels  
• Central heating & wood burner  
• Very comfortable with good quality furniture  
• Miles of forest rambles  
• Near Huelgoat & Carhaix  
Tel: K. Travers 02 98 93 59 90

**Sewing**

**Sewing repairs** Reasonable rates. Skirts / blouses trousers / shirts, etc.  
02 96 21 54 62

**Services**

**Firewood** 90% oak, 10% beech. Cut to size. 150€ /cord delivered. From pruning and sustainable forests  
kerroch4@aol.com  
02 96 13 40 05

**English and French Grocers:** **Chez Winnie;** Bacon, Cheddar, sausages, tea bags, etc. OPEN EVERYDAY TILL 9 P.M. 70 rue Roch'ell, Caurel, 02 96 26 34 93

**Mother and Daughter Team** For changeovers, caretaking, maintenance, decorating, garden chores and general household duties in area 29.  
Tel. Donna on 02 98 73 41 66

**Pont Aven: Property Management Service**  
Services include changeovers, cleaning, gardening, maintenance, and much more. Please call us on 02 98 09 15 96 or visit our website:  
www.brittanygitespontaven.com

**OuiCare Caretaking** - Property maintenance & gardening service. Efficient & reliable. Ex National Trust. References available  
Contact: 02 96 36 68 53

**Digger and Tractor with Tipping Trailer.** Callac/ Guingamp/Rostrenen areas  
Reasonable rates  
Phone: 02 96 45 74 35

**Conversation**

**French Woman** Living near Morlaix searching for English woman to converse with, to improve her English, and proposes to help her in French.  
Call Françoise: 02 98 72 20 34

**Services**

**Man + Van For Hire**  
  
02 96 13 19 91  
All areas of Brittany (Trips made to Cornwall) once per month

**Is Your Gite, House or Holiday Home Looking Tired?**  
Then we can re-vamp it for you from top to toe. Including: soft furnishings, Painting (with effects), Wallpaper hanging, plus General Maintenance, Gardening etc.  
Area 29  
Call Elaine or Donna  
02 98 73 41 66

**Septic Tanks Emptied**  
  
**LE VIDANGEUR BRETON**  
Septic Tanks Emptied and Cleaned  
25 km radius of Carhaix  
Tel: 02 98 99 55 27  
Mobile: 06 07 08 99 60 (English spoken)

**Hairdressing**

**Ladies' and Gents' Hairdresser** Mobile. 25 years experience - City and Guilds. Cutting, perming, colouring, etc. Carhaix area. Your home or mine (will travel).  
Phone Sandra 02 98 93 41 38

# The Wren (*Troglodytes troglodytes*)

*Breton:* Laouenan *French:* roitelet or troglodyte

The wren is a tiny, agile bird common to Brittany all through the year. In the fable it is made king of the birds when it manages to fly higher than all the other competitors by hiding in the feathers of an eagle. Perhaps for this reason it is called *roitelet* in French, meaning little king, a name which it shares with the goldcrest.

The wren is not at all hard to recognise, being much smaller than most birds. It is brown all over, with a flicked up tail, and it possesses a surprisingly loud song. Wrens eat insects, so you won't find them on your bird table, rather you can see them flitting along the hedges eating grubs. It is in hedges and bramble patches that wrens build their nests. It has been noticed that the male will build several and it is then the female who will inspect them and choose one to her liking. Another unusual trait has been recorded: the first clutch of young wrens will help to raise and feed the second clutch.

In winter, when the nights are cold, wrens often sleep together in an old nest or nesting box. Large numbers can squeeze into a small space, sometimes three layers deep, and in this way wrens can survive the winter.



**GUENVER  
LEJEUNE**

**Carhaix**

The Spirit of Partnership

### Building Materials

Wood Tiles Ready-Mixed Concrete  
29270 Carhaix (beside Leclerc) 02 98 93 01 17

**Guingamp**



### LA DEMEURE

5 rue du G<sup>al</sup> De Gaulle  
☎: 33 (0)2 96 44 28 53  
Rooms & Suites (with kitchen)  
Central Location  
From 66€ to 83€

## Books

### Finistère, Things to see and do at the End of the World

Wendy Mewes,  
Red Dog Books 2004



This guide book is sure to be popular both with visitors to Brittany and with people who live here. It is extremely well laid out with 14 scenic tours described with maps, pictures and text.

Between them the tours cover both coastal and inland areas of Finistère, and provide an insight into the culture and history of the area, as well as introducing the visitor to its spectacular natural beauty. A perfect introduction to Finistère.

128 pages. 200 colour photos

ISBN: 0953600122 £8.99 / 13.50 euros

Available from local book shops and tourist information offices or direct from Red Dog books: *Le Guillec*, 29410 Plounéour-Ménez  
Tel: 02 98 24 15 19 [www.reddogbooks.com](http://www.reddogbooks.com)



Les Mousquetaires

# INTERMARCHÉ CALLAC

## Choice and Quality at a Fair Price