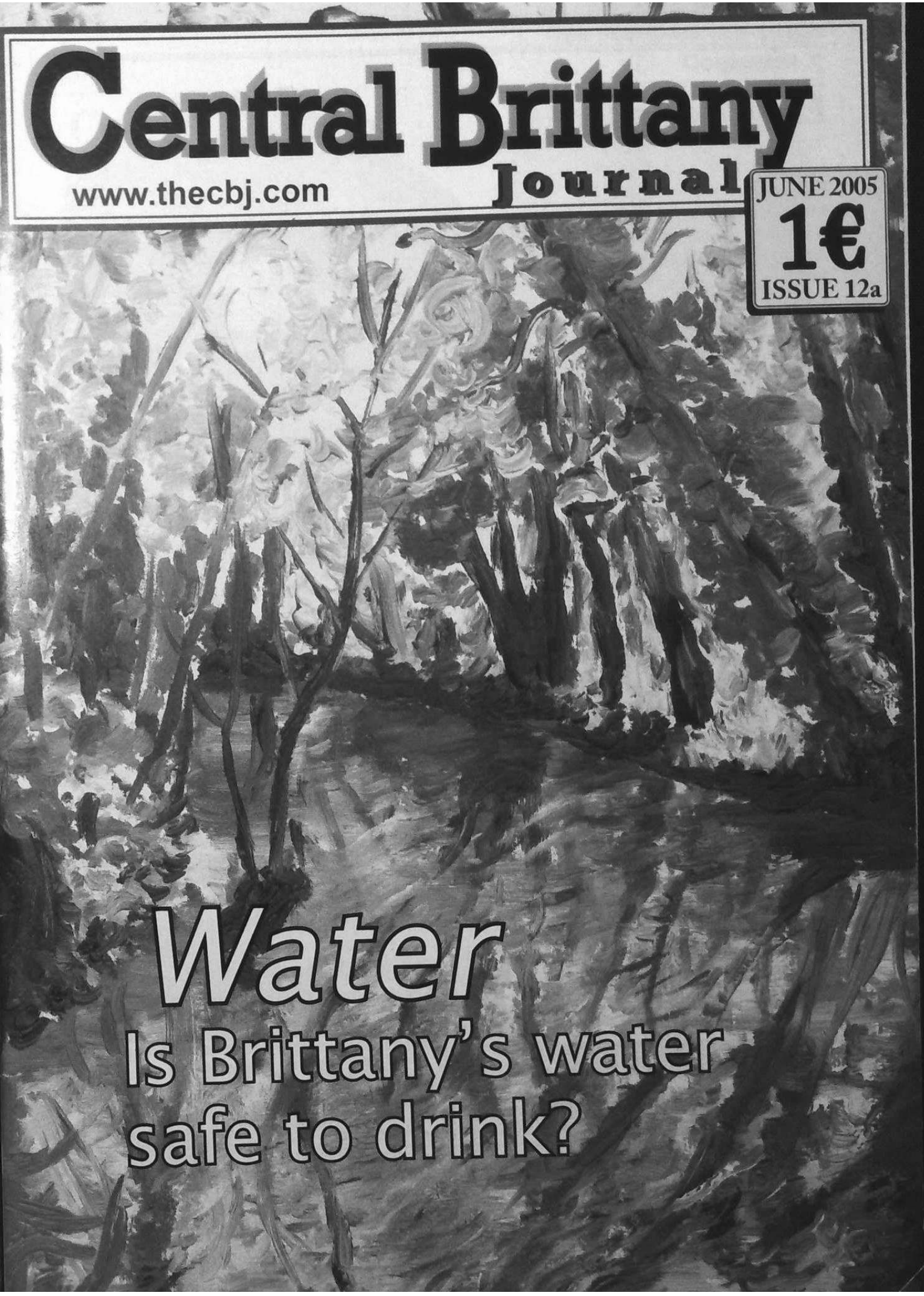
Central Brittany Journal
www.thecbj.com
JUNE 2005
1€
ISSUE 12a



Water

Is Brittany's water safe to drink?

Easy Doughnuts

Ingredients:

1 lb 4 oz (575 g) plain flour
1½ teaspoons salt
4 teaspoons baking powder
¼ teaspoon ground cinnamon
¼ teaspoon grated nutmeg
3 tablespoons butter or margarine
5 oz (150 g) brown granulated sugar and more for dusting the cooked doughnuts
8 fl oz (240 ml) water

Method:

1. Sift flour into a large mixing bowl, and combine with the salt, baking powder, cinnamon, nutmeg and sugar.
2. Rub in the butter with the fingertips.
3. Gradually add the water, and press together with the hands to make a smooth, soft dough, adding more water if necessary.
4. Turn out the dough onto a well-floured board, or baking tray, and roll out the dough to a ¼" (½ cm) thickness. Using an upturned mug, approximately 3" (7½ cm) in diameter, press out the doughnut circles, and set to one side. Keep rolling the dough up into a ball, and rolling it flat, until all the dough is used up.
5. Using a small bottle top cut out holes in the centre of the doughnuts. Set the 'doughnut holes' to one side.
6. Heat 1" of frying oil in a small heavy-bottomed pan. To tell when the oil is ready, drop a small piece of dough into the pan. When it rises to the surface almost immediately, you can begin to cook the doughnuts.
7. Using a slotted spoon, gently lower a doughnut into the hot oil. It will sink to the bottom and then puff up and rise to the surface. When it starts to brown (this will only take a few seconds), *carefully* turn it over. When the underside is also brown, remove the doughnut from the hot oil, and place on a tray, large plate etc. You will probably be able to cook two doughnuts at a time.
8. As soon as the doughnut is removed from the frying oil, sprinkle with sugar on both sides. It is probably best if one person does this while another person frys the doughnuts.
9. After all the doughnuts are cooled, fry the 'doughnut holes'. These will cook very quickly. Sprinkle with sugar and eat warm.

Webb's Of Glomel
Bed and Breakfast
4 rooms En-suite facilities
Village location UK Sky TV
5 Pl. du Centre 22110 Glomel 0033 (0)2 96 29 88 44
www.bandbinbrittany.co.uk cliff.webb@wanadoo.fr

O'Brien's
chambres d'hote
Luxury Ensuite B&B
By the Tourist Office Overlooking the lake
4 Rte de Berrien 29690 Huelgoat
02 98 99 82 73 o-brien.david@wanadoo.fr
www.chateaubrien.com

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

Contents

Water:

Is Brittany's water safe to drink? page 12
Compost and improving the soil page 30
Drains page 35
Plumbing Quiz page 8

Châteaulin page 10
Breton Story page 22
Gorges du Corong page 4
Nuclear Waste page 8

Recipe: Doughnut 2
Places to Visit 4
Editorial 5
News and Services 6
New Advertisers 7
Book review 9
Tea Shop review 11
Letters 18
Points of Interest / Travel 19
What's On 20
Aesop's Fables 25
Grax Warrior 26
Website Workshop 27
Word Search 28
Gardening 30
Wood Sorrel 33
Property 34
Classified 29 & 38

Central Brittany Journal
Editor: Gareth Lewis
Central Brittany Journal ,
B.P. 4, 22160 Callac, France
Tel/Fax: 0033 (0)2 96 21 52 21
E-mail: cbj222956@aol.com ISSN: 1767-6738
© 2005 Central Brittany Journal

Advertising:
For information about advertising please call Lin on 02 96 21 52 21

Deadline for classified advertisements: 20th of the month.

POINT.P
Building Materials
Rostrenen 02 96 29 00 04
Carhaix 02 98 93 01 17

GENERALI FRANCE assurances
Georges Hamon
All Types of Insurance
Car House Health
Fluent English Spoken
7, rue des Portes – 22160 Callac 02 96 45 51 15

Gorges du Corong

The Gorges du Corong, near Locarn in Côtes d'Armor, are most famous for the huge granite boulders which cover the valley floor *(below)*. Some of the stones are large enough to sit on and have a picnic lunch. The Corong itself is hardly more than a stream that can be heard trickling below and it is difficult to imagine what geological forces could have formed this collection of boulders. The local explantation is that they are the stones that a giant shook out of his shoe when he stopped for a rest. The site is also remarkable for the large menhir *(right)* and the stunning oak forest that lines the sides of the valley. *(below right)*

Directions: Follow signs to St. Nicodème and Gorges du Corong from the centre of Locarn. After 2 miles, at Le Guellec, there is a poorly marked turning on the left which leads to parking for the gorge. There is a larger car park on the right about 1 mile further on.

Les Anciennes Portes de Bretagne

New poster photographed and published by Sian Stone. Available from La Girelle, Guémené sur Scorff, 7€.

www.portesdebretagne.com

Pontivy: New English Teashop

Tranquility, conveniently located in the centre of Pontivy. Owned and run by Hilary Preece.
20 rue de Pont, Pontivy
02 97 07 05 01

Chez Winnie

Bacon, Cheddar, sausages, tea bags, Marmite, etc.

OPEN 9-1 & 2-8 pm **Closed Wed.**

70 rue Roch'ell, Caurel. 02 96 26 34 93

www.chezwinnie.com

La Girelle

Guémené sur Scorff

Tea shop, café and Internet cafe

Bacon sandwiches, cakes, snacks

Open Tues. - Fri. 10 a.m. - 6 p.m. (Sat. 2 p.m.)

02 97 51 27 41

ÉQUILIBRE

Health Foods Natural Cosmetics
Gluten-Free Products

1 bis av Gl de Gaulle – Carhaix 02 98 93 74 09

Second-Hand English and French Furniture

DEUXIEME DEBUT

Plus: Books Videos & lots more

16 rue de Verdun, Rostrenen
02 96 29 16 19

Optique bouvet

Buy one pair and get a second pair free!

ROSTRENEN 19 place de la République 02 96 29 02 50

GOURIN 5 place de la Victoire 02 97 23 42 03

LE FAOUET 1 rue Poher 02 97 23 01 90

ENGLISH SPOKEN

Cover: the river Hyère, Côtes d'Armor, oil on board, Samuel Lewis

Page 12: Girl beside well, watercolour, Wendy Lewis

Centre pages: traditonal story retold and illustrated by Bethan Lewis

LA CRÈME ANGLAISE

English Shop and Tea Room

Over 600 lines of British products

Place de l'église, Séglien (nr Guémené)

Tel: 02 97 28 02 03 Closed Mon.

lacremeanglaise@aol.com

Editorial

Things seem to be going through rather a tense time with regards to the current system of administration in France. Judging by the feedback that we recive here in the CBJ office, people who run small businesses are running out of patience with the huge social charges that they have to pay when they want to employ anyone, and people who work for large companies are depressed by the way in which their pay and conditions are being eroded.

Fortunately business does at least seem to be booming in the English speaking section of the economy. We have been slightly overwhelmed by requests for advertising space this month and have had to dedicate an extra page of the magazine to classified ads. I normally try to write an introduction to businesses new to the Journal, but this has had to be slightly curtailed in this issue *(see page 7)*.

As a long term resident of Central Brittany, it is very encouraging to see this influx of new skills and new enterprise. There are already signs that the Journal is starting to play a role in fostering an economy centred around small, locally-based businesses, and if this is the beginning of a longer term trend, it may help to resolve the problems afflicting the wider economy. *GL*

6 News & Services

Tourist Board

The regional Tourist board produces a free guide to local restaurants which source at least some of their ingredients from local suppliers. For the first time, this year's guide includes information in English.

For a free copy of 'Restaurant du Terroir Bretagne' please write to: FRPAT Restaurant du Terroir, BP 24 - 56301 Pontivy Cedex

AIKB

A.I.K.B is an association dedicated to helping new arrivals to integrate with life in Central Brittany. It has been running for over a year and has over 250 household members.

The association has offices in the Relais de Chasse in Gouarec, a building that once belonged to the Dukes of Rohan, and employs a full-time staff member, Liz, who is available to give advice to members.

AIKB runs a series of French conversation classes, holds lectures, organises cultural outings and day trips, and runs social fund raising events such as Quiz Nights and Summer Fêtes. Household membership is currently 30€ per annum.

Open weekdays from 2pm till 6pm.

02 96 24 87 90 or aikb@wanadoo.fr

(see What's on, *page 20*, for details of events)

Le Coty Farm, nr. Huelgoat

Pick Your Own Raspberries, Phone beforehand to see if the fruit is ready for picking: 02 98 99 77 68.

A New Ceramic Showroom at
MAISON BLEUE
(Opposite the factory Moulin deSt. Armel, on the D18 from Cléguérec to Seglien)
Open Tues - Sat, 10am - 6pm
Tel: 0297 381436

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

Teri Penswick
Pottery & Sculpture
Tel. 02 96 21 65 28
(please phone before visiting)
1 run Ar C'Hoat, 22810 Plougonver

Saveurs
Fine foods Teas
Gifts Chocolates
Regional products from the four corners of the world
37 rue Brizeux Carhaix 02 98 93 23 97

Fosse Septique Groundworks
All digger work undertaken.
Diggers, Haulage,
Full fosse planning service
Call Ian : 02 96 36 63 94
06 67 83 91 46

Brittany Property Management
*Personalised Property Search *Entretien de residences
*Letting Management *Entretien éspaces verts
*Gardening, Property Maintenance *Relocation
Tel: 0033 298 99 82 59 Assistance
www.brittanypropertymanagement.com

New Advertisers 7

Lycée Saint Ivy, Pontivy: School/college for 15 to 18-year-olds offering both technical and academic courses. Its efforts to welcome English-speaking students include weekly French lessons in 'French as a foreign language' and an intensive pre-term course in French. *(page 41)*

Blue Point Construction: Run by Chris Marsden a stonemason from the South West who worked on many prestigious projects for English Heritage in the UK, including West Coker Manor & Hesticombe House. *(page 37)*

French Property Solutions: Quantity surveyor and legal expert, Neil Kermode comes originally from the Isle of Man and worked on the Canary Wharf project in London for many years. Assistance with planning permission etc. *(page 42)*

Dominique Autos, Pontivy: Specialist in the repair and maintenance of quality cars. Has a large stock of BMW spares from recovered vehicules. *(page 41)*

Ouest Récuperation, Le Faou: Clearance stock of good quality building materials including tiles, flooring, wood, etc. plus end of line household appliances. *(page 41)*

Plus:

Hair Stylist
Patricia, Callac region. *(page 42)*

Gardening:
T & K Gardening Services *(page 40)*
Maintenance Projects 22 *(page 40)*

Building / Property Services:
J. Checkley, Property services *(page 40)*
Revival Property (25 yrs in the decorating trade) *(page 39)*
Chat Gris, Odd Jobs *(page 40)*
Tom Parkin *(page 42)*

Roofing Contractor:
Mark Longmuir *(page 41)*

Cleaning:
Molly Maids *(page 41)*

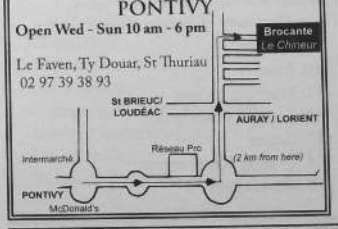
BRITISH DELI AND CORNER SHOP FOODS
Mac Cormick's
9.30-1.00 & 2.00-6.00 Closed Wed. & Sun.
8 Grande Rue, Glomel 02 96 29 88 05

Country Kitchens

Made to Order
Plate/Wine racks
Dressers and Cupboards
02 98 86 80 22
Châteauneuf du Faou area

GITEM Callac
Ets. Derrien
TV Hi Fi Domestic Appliances
Complete after-sales service Free Delivery
English spoken
Zone commerciale de Kerguiniou Callac 02 96 45 52 82

AGF Guémené sur Scorff
Henri Brisset
All Insurance
Home Vehicle Health Life
English spoken
5 rue Emile Mazé, Guémené 02 97 39 30 15
henri.brisset@agents.agf.fr www.agf.fr/brisseth

ANTIQUES BROCANTE
RECLAMATION TEA SHOP & CRAFTS
"Le Chineur"
PONTIVY
Open Wed - Sun 10 am - 6 pm
Le Faven, Ty Douar, St Thuriau
02 97 39 38 93


Nuclear Waste

Why are there drums bearing the radioactive symbol at the entrance to villages in Central Brittany?

Anyone who has travelled round Central Brittany will probably have noticed the orange or yellow oil drums beneath village signs bearing the radioactive symbol and an inscription such as: "Maël Carhaix dit Non". These drums can be seen from Quintin in the east to Carnoët in the west and from Rostrenen in the south to Bourbriac in the North.

The reason for the drums can be traced back to the 1970s when the French government embarked on a programme of nuclear power production which now extends to 58 nuclear power plants which provide 80% of the nation's electricity.

None of these plants are sited in Brittany. This is due to strong local opposition to a proposed reactor at Plogloff in Finistère in 1976.

There has been one nuclear installation in Brittany, at Brennelis; a plant which operated from 1967-85, and which now, 20 years after it ceased production, is still "en cours de démantèlement". Safety experts have advised waiting another twenty years before entering the reator to commence cleaning operations.

For many people, the Brennelis site serves as a warning of the problems associated with nuclear waste.

In 2000, areas of Central Brittany were identified as being suitable for the long-term 'storage' of radioactive waste products from France's nuclear programme - due to their having appropriate formations of granite rock. This proposed dumping of nuclear waste provoked a public outcry - 10 000 people gathered in the streets of Quintin, a town close to one of the proposed sites - and a movement was formed under the slogan "Ni Ici, Ni Ailleurs" (not here, not anywhere).

Confronted by such strong opposition the government agency involved shelved its plans, but the oil drums have been left at the entrances to the villages to remind people to keep up their vigilance.

Plans to use a site in Alsace are still going ahead and many people in Brittany fear that plans to use sites here might still be revived.

Translated and abridged from an article written for the CBJ by Alexis Cordier from the Collectif Coeur d'Armor, an association formed to protect the area from the risks posed by nuclear waste and to promote the use of safer forms of energy.
English spoken. New members welcome
02 98 93 29 48

Plumbing Quiz: *Match the French words on page 9 to the English words below.*
Solution page 10 Terms taken from the Hadley Pager Dictionary of Building Terms.

1. Adjustable spanner
2. Bacteriological analysis
3. Main drain
4 Downpipe
5. Waste water
6. Storm water
7. Sewage disposal
8. Drinking water
9. To empty
10. Flow
11. Flushing cistern
12. Ground water level
13. Gutter
14. Grating (on vent pipe)
15. Grease trap

Concise Dictionary of House Building Terms

(Arranged by Trades)

French-English English-French

First published in 1994 and revised in 2001, this is a specialist dictionary which lists over 10 000 words or phrases currently used in the building industry, many of which may not be included in a general dictionary. The book has separate sections for each trade, as the same term may have a different meaning in different trades.

At £27, it is expensive but anyone who has experienced the inconvenience of buying the wrong building materials due to misunderstanding the language, or who has tried to pass on instructions to local tradesmen without sufficient knowledge of technical terms, will recognise it to be money well spent.

Available from Hadley Pager, Leatherhead, Surrey, England www.hadleypager.com
or from the English Book Shop Josselin 02 97 75 62 55

MAJUSCULE
Books, Stationery, Photocopying service, Craft Materials On 2 floors
8 ave des Combattants, Loudéac
02 96 28 01 01 doury.maj@wanadoo.fr

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

le Chat qui lit
0296 36 59 00
Pempoulrot, 22110 Kergrist Moëlou
Secondhand book shop
Open Tuesday - Thursday 14.00 – 18.00
Friday - Saturday 10.00 – 18.00
come and browse, 1000's of English books in stock

THE BOOK DEPOT
A LIBRARY OF ENGLISH FICTION IN THE CALLAC AREA
Over 2000 Books
Contact Viv for further information
02 96 45 09 45 vivianbott@aol.com

A. Eau potable
B. Crapaudine
C. Vidanger
D. Clé à molette
E. Niveau de la nappe phréatique
F. Analyse bactériologique
G. Bac dégraisseur
H. Tuyau de descente
I. Eaux pluviales
J. Gouttière
K. Chasse d'eau
L. Eaux usées
M. Assainissement
N. Écoulement
O. Collecteur à l'égout

Châteaulin

For a time in the late 1800s and at the start of the twentieth century, Châteaulin was an important hub in the transport network of the region: it is situated close to where the Nantes / Brest canal enters the sea, and it was one of the few towns where Central Brittany's narrow gauge railway system connected with the main line trains that ran beside the coast.

The river Aulne runs through the centre of the town; on one side of the river is the Mairie, the church, and most of the shops, on the other is a leafy boulevard with cafés and houses. The river itself was considerably altered at the time that it was incorporated into the canal. Previously, it was wider, shallower, and contained islands of shifting sand; at that time it was crossed by a bridge dating back to the twelfth century. Today, the two sides of the town are linked by a bridge in the centre, and a road bridge which makes use of the viaduct built for the narrow gauge railway. The area around Châteaulin is suitable for walking, and it is situated at the head of the Crozon peninsular which contains some of Brittany's most spectacular coastline.

The Language of Shakespeare

"In nature, there's no
blemish but the mind;
None can be called
deformed but the unkind."

The Winter's Tale

quote sent in by Mr & Mrs Green, Josselin

Solution to plumbing quiz on page 8 & 9

1 - D	6 - I	11 - K
2 - F	7 - M	12 - E
3 - O	8 - A	13 - J
4 - H	9 - C	14 - B
5 - L	10 - N	15 - G

Right: View along the Aulne towards the lock and the viaduct.

Below right: Maison de la Presse, outlet of the CBJ in Châteaulin.

Below: Châteaulin has an excellent craft shop opposite the market hall. It is especially noted for its wide selection of buttons.

Teashop Review:

Le Fournil des Halles, Châteaulin

This teashop is opposite the market hall, not far from the church, on a street leading off the main road that runs through the centre of Châteaulin.

It sells a very large, particularly varied, selection of cakes and speciality breads. The brownies, fruit tarts and tarte paysanne – a sort of apple slice – are delicious, and there are also chocolate brioches, muffins, pommé (a cake made from flaky pastry and apple), Breton butter biscuits, and a range of tempting-looking chocolates. On the top of the counter are baskets of different bread buns, and we enjoyed a bun containing pieces of dried fig.

The tearoom is really just the back half of the shop. It is large and there is room for plenty of people. An especially welcome touch was the saucer of little chocolates which we received with our tea and coffee.

Water

The European Union has given member states ten years to ensure that all the water within their jurisdiction is free from pollution and over-exploitation.
The authorities responsible for water in Brittany have acknowledged that, given present policies, this deadline will not be met. What has gone wrong, and who is to blame?

Water is Brittany's most abundant and valuable natural resource; over the years it has provided the source of power and the means of transport, not to mention the fact that it supports human life and makes it possible to grow crops. It is the abundance of water that makes Brittany such a green and beautiful country.

Above: in times gone by daily life revolved around the wells and springs in both the town and in the country.
Left: the bridge at Ste. Cathérine nr. Carhaix where the old Roman road crosses the Hyère.
Below: wells and springs such as this would have provided water for a garden or a home.

How Can You Tell if Water is Pure?

The truth is that there is no way of telling if water is pure. The best guide to the health of a water system is the diversity of wildlife that it supports. In a healthy stream, or river, one would expect to find fish, frogs, toads, insects, a variety of plants, molluscs, etc. Living creatures are much more sensitive to pollution than man-made machinery.
Chemical analysis can be conducted on underground water but it cannot be relied on to give accurate data because underground water systems are so complex.
The best way to ensure that water is pure is to ensure that it has been exposed to as little human interference as possible.

Brittany's Wells

Until recently, every village, and in some places every house, had its own well. Local knowlege built up over hundreds of years led people to understand the properties of the water drawn from different wells. Thus, some wells were known to produce good, clean water, even during the worst drought, some wells were attributed with having healing properties, some wells were believed to promote fertility, some wells brought good luck, and visiting other wells could bring solace at times of bereavement.
Many of the old wells were associated with the Breton Saints and one of the things that the Saints appear to have been particularly skilled at was finding new sources of fresh water where old ones had failed.

What Are The Factors Affecting Water Purity?

Bacteria: Until about thirty or forty years ago when people talked about water purity they were mainly referring to the bacteria count. Stagnant water, and water allowed to stand, develops high levels of bacteria which can cause stomach upsets and more serious health problems.

Chlorine: Chlorine has been added to tap water by the authorities in an attempt to ensure that it is free from bacteria and other water-borne organisms. Most gardeners do not regard chlorinated water as suitable for their vegetable plot and many people do not consider it suitable for drinking - hence the large bottled water section in the supermarkets.

Nitrates: Current concerns about water purity in Brittany centre around nitrates. Nitrates occur naturally in the soil but levels have been artificially increased by modern farming methods, leading to a huge increase in nitrate levels both in the rivers and in underground water. An excess of nitrates disturbs the balance of the eco-system and has an unquantifiable but almost certainly detrimental effect upon human health.

Phosphates, Industrial Pollution, Pesticide Residues, and Organic Material:
Brittany is relatively unaffected by the other pollution problems that are of concern elswhere: there are few large factories, sewage is not a huge problem because there are no really large towns and, although a cause for concern, pesticide residues are not as serious as in wholly arable areas.

The Nitrate Problem

People have been farming in Brittany for thousands of years but, as far as we know, their activities had no noticeable effect on levels of nitrate in the water.

This is because for most of the year they kept their animals out of doors, grazing on fields of grass. The animal manure fell onto the surface of the soil and was broken down gradually over the course of several months. When manure was spread, it was done in relatively small amounts on fields that were bordered by trees and hedges and which were farmed with a system of crop rotation.

Modern farming methods differ from this in at least four crucial ways. Firstly, farmers apply highly soluble nitrogen fertilisers to the soil which leach out into streams and rivers as soon as it rains. Secondly, they keep animals in sheds, instead of outdoors, with the result that they accumulate huge quantities of manure which they spread on the fields in-between crops; much of the nitrogen in this manure washes straight off the fields into the water system. Thirdly, they have damaged the soil structure by reducing the amount of grassland, over-working the arable land, and applying chemicals that harm soil organisms that might otherwise hold the nitrogen in the soil. Fourthly, farmers have uprooted many trees and hedges and flattened the banks that would have impeded the flow of the nitrogen-rich water from the fields into the rivers.

The scale of the problem first became apparent fifteen years ago, during the dry summer of 1989. Water authorities were then forced to give temporary permission for the use of drinking water which contained twice the maximumum level on nitrates normally allowed - but little has yet been done about it.

Over the past few decades Brittany has become home to over half of France's pork production and almost half its egg production. The way in which these industries are run does appear to be incompatible with our requirement for pure water.

Who's to Blame?

Public Health Experts: Current problems with water purity can be dated back to the advent of public health experts one hundred or so years ago: dazzled by the new science of microbiology they condemned many wells and springs as not fit for human consumption due to the fact that they contained some bacteria - even though these wells had been used for hundreds of years with no ill effect.

Now that we have a better understanding of immunology we know that people become accustomed to the bacteria in their local water supply, and may even derive some benefit from their presence.

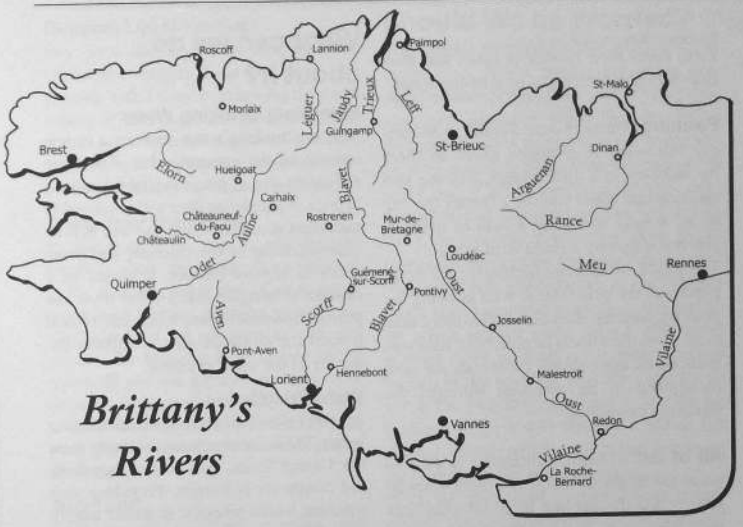
Traditional water sources were replaced by piped water from resevoirs and pumping stations. This led to ordinary people relinquishing responsibility for protecting their own water supply, and, from this, all the other problems have flowed.

Agrochemical Industry: 'Experts' from the agrochemical industry have, over the years, been too ready to say that it is safe to use fertilisers, pesticides, herbicides, etc.

With the benefit of hindsight we can see that they have never properly understood the health and environmental implications of the products that they sell.

Government: People who have served in government have to take their share of the blame: if a government fails to protect a country's water from being poisoned, any of its other achievements automatically become meaningless. In addition, people have a right to feel aggrieved if a govern-

Continued page 16



Geography of Central Brittany

Central Brittany is regarded as being the 'Château d'eau' - the water tower or reservoir - for the rest of Brittany. It is here that much of the rain falls, and it is here that the country's rivers have their sources.

Unlike many other areas of mainland Europe, the rivers of Brittany are not fed by water from a large, uninhabitable, mountain range. Only relatively small areas of the region are unfarmed, and although nitrate levels in rivers and streams are quite low in the very centre of Brittany, they rise rapidly as the rivers run through farmland on their way to the coast.

Similarly there are no great water courses running under Brittany: underground water comes directly from water percolating through the soil, and as such suffers from the same problem of nitrate pollution as surface water. The underground water in Central Brittany appears to be affected by nitrate pollution to a similar extent to the underground water close to the coast.

Nitrates washed from the land into the sea have caused repeated problems in coastal waters in recent years: the nitrates cause a 'bloom' in algal growth which then dies due to lack of oxygen, and is broken down by bacteria which release toxins poisonous to shellfish living close to the shore.

Continued from page 14
ment takes their money in taxes and then uses it to pay farmers to pollute the water.

Farmers: Farmers would claim to be simply following instructions given to them by industry and government, but the fact remains that when you see a farmer driving round a field spreading a load of manure, you are watching a polluter at work.
The plight of farmers highlights the complexity of the situation: as well as being the primary culprits, they also suffer more than most from the effects of pollution; illnesses induced by agricultural chemicals are now recognised to be common amongst the farming community.

All of us: In truth, although it is easy to point the finger of blame at others, responsibility for the decline in water standards rests with us all. Water is the most precious of all natural resources and it is up to every generation to ensure that the water system in all its aspects - rivers, streams, lakes, coastal waters, marshes, ground water - is preserved and handed on to the next generation in at least as good a condition as they found it.
The fact that we have allowed ourselves to be duped by health experts, scientists, and government officials who claimed to know what they were doing but who have in fact presided over the worst water disaster in recorded history, is not an excuse, it is something that we need to do something about.

What can we do about it?

Filter Your Drinking Water
Filtering drinking water removes a certain amount of the contamination. There are different types of filters available, varying in price. A simple jug filter with replaceable cartridges is not too expensive and at least removes some of the chlorine, and some claim to remove nitrates. It would be a mistake to imagine that a water filter can produce absolutely pure water, but, if used properly, it should be able to improve the quality of the water available.

Water Distillation
A step beyond filtering is to distil your water. There are machines available from the United States, but, so far, they have not caught on in Europe. Providing your machine works properly, it should supply you with water free from any additives whatsoever.

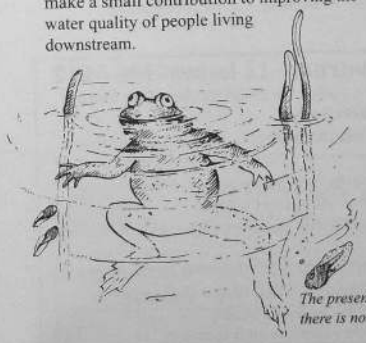
Bottled Water
Bottled water, particularly from mountain regions, probably does start out pure, but there are always concerns both about the bottling plants and the wisdom of storing water in plastic bottles.

Rain Water
Rain water is still the purest water that is freely available to most people. The longer it is stored the less fresh it becomes - but this is true of everything and could be viewed as a sign of its vitality. It is possible to collect small amounts of rainwater at a time, from the downpipe from the roof, for example. Water that has been stored for more than a couple of days can be filtered.

Support Local Farmers
Buy food directly from local farmers. Obviously, farmers have not gone into farming with a view to poisoning the water supply. If they could sell their produce at a fair price to local people they would not be forced to adopt the industrial-style measures dictated by the food industry.

Grow Your Own Food
If the problem is due to bad farming practices then the most direct solution is for each and every one of us to adopt some good farming practices of our own. The more food that you grow in your own garden, the less you have to buy in the shops. If you use organic methods, your personal food production may even have a beneficial effect on water quality as your garden will become a centre of biodiversity.

Buy Land
Land is still relatively plentiful and inexpensive in Brittany. It is within many people's means to buy a hectare or a few hectares and to then simply leave it unfarmed for the benefit of nature. Water running off this land will be pure and will make a small contribution to improving the water quality of people living downstream.



The presence of frogs and toads in ponds and streams is a sign that there is nothing too badly wrong with the water quality.

Should We be Worried?
The biggest problems with regard to water quality are, firstly, people not being prepared to accept that there really is a problem, and, secondly, when they do realise that something is wrong with the water, expecting someone other than themselves to sort it out. If left to their own devices, governments and statutory bodies will try to solve the problem of water pollution by introducing more rules and regulations: they will insist that every house in the country has a waste disposal system equivalent to an urban sewage plant, which will make it even more difficult for ordinary people to live in the country; and they will try to solve the problem of nitrate pollution by making farms install treatment plants for animal waste, which will make life even more difficult for small farmers.
If, on the other hand, everyone were to recognise that the problem is a real one, and that it is up to all of us to do something about it, then there is no reason why it could not be solved. The country in which we live is blessed with an abundance of fresh water falling from the sky every year; it requires the concerted effort of millions of people to pollute it, and it should not, therefore, be beyond the scope of human ingenuity to allow it to revert to its natural, pure condition.

The body responsible for water purity in Brittany is the Agence de l'eau Loire-Bretagne. It is engaging in a programme of public consultation from now to 2nd November 2005. Send ideas to:
M. le Président du comité de bassin
Loire-Bretagne, avenue de Buffon, BP 6339,
45063 ORLEANS CEDEX 2

Letters

School Exchange

Further to my letter in the April issue of the Journal I would like to thank readers for their response for my request for help with English for my pupils. I received two kinds of answers.
Firstly, from people who are teachers or in relationship with the educational world, who would like to welcome our pupils to the UK. Details of these offers are being disseminated to schools across Central Brittany.
Secondly, letters from families with young children in the Locarn-Trébrivan and Huelgoat areas. Based on these responses, we hope to organise a project which we can present to the parents of the local pupils.
We also plan to have a correspondence with a school in England and to go in England for 4 or 5 days using the Comenius European Protocol with one or two classes for the next school year.
Michel Rémond. Teacher in Plounévézel.

Breton in Wales

Just discovered the CBJ website while surfing for info on Brittany. Ceri, my wife, and I have recently bought a pub / restaurant, the Bell, in Caerleon SE Wales (www.thebellatcaerleon.co.uk) and are combining both Welsh and Breton influences there, both in the decor and menu.
We hope to start teaching Breton (as well as Welsh) to our customers.
The very best of luck wih the cbj.
Tony Willicombe

Singles Network

I have looked at your website and I've bought your journal and I think they are both excellent! I am running a free network - BRITTANY SINGLES NETWORK - where people who live alone can get in touch by email. It is not a dating agency but a way of getting in touch with other independent folk who live here in Brittany.
We operate by posting up weekly messages, to If interested please contact me at: rhianvk2@wanadoo.fr www.brittany-breaks.co.uk
Rhian Van Kemenade

Brutal Farming

We have great sympathy with the letter re. brutal farming. Our cottage was accessed along a leafy tree-lined lane until March, when the chain saws arrived and now there is a row of stumps. Strange that the trees are not cut to leave enough for a hedge to grow, poor wildlife and displaced birds. Our neighbouring farmer had a contractor with a grim machine of circular saws to shave all the mature trees.
Perhaps, as you said, the message of conservation and bio-diversity will get through before it is too late.
Gilly Rossetti

Correction

I have had comments from friends that the write you gave me suggested that I owned Primus (I wish!).
Have currently sold out of Primus Mobiles, thanks to the Journal. More arriving in two weeks.
Ken Kirk-Bayley, Primus at Europhone

Subscribe: Central Brittany Journal 12 issues 18€ / £12
Please complete the form below and return it with a cheque for 18€ made payable to **Central Brittany Journal** (or for £12 made payable to **Nezert Books**).
Central Brittany Journal, Boite Postale 4, 22160 Callac de Bretagne.

Name: .....

Address: .....

.....

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

Points of Interest / Travel

We have received several messages about travel this month. Some readers were badly affected by an air-traffic controllers strike on Whit Monday - and were unhappy with the way in which Flybe dealt with the problem - but, as usual, the bulk of complaints are against Brittany Ferries, their pricing policy, and customer services.

Brittany Ferries Cherbourg Routes

The best price for a crossing from Brittany to the UK in June does, however, appear to be with Brittany Ferries: 248€ for 2 people plus car from Cherbourg to Portsmouth or Poole. 5 day return. 08 25 82 88 28

Speed Ferries

The best price, however, is with Speed Ferries: Boulogne / Dover 28€ for five people plus car, one way.
www.speedferries.com

Please send letters to:
Central Brittany Journal
BP 4 22160 Callac
info@thecbj.com 02 96 21 52 21

REDUCE TAXES
SELF EMPLOYED
BUSINESSES
We can assist you with French-English set up procedures and ensure that all European and French laws are respected.
Tax returns, accountancy for companies or self-employed (Euro Compta Ltd), URSAFF returns, VAT returns. Registration of French or British companies.
Free appointment.
SETTI Ltd
Zl Bellevue 22200 Saint-Agathon
Tel: 02 96 44 03 62 Fax: 02 96 43 79 47
settiltd@wanadoo.fr

Training / Administration
C.O.B. Formation
Rostrenen & Carhaix
Help for English-speaking people with administrative issues such as tax, health, benefits, insurance, etc. plus advice on finding a job.
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 an English-speaking trainer and by invited officials from the relevant departments.
The course will be conducted in English.
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).

FRENCHACCOMMODATION.CO.UK
Free advertising for your French holiday property till Sept '05
Easy-to-use website, banner-free, and free help and advice if needed.
You will have 24/7 access to your page to update details.
Please log on to: www.frenchaccommodation.co.uk
or e-mail John or Shirley at: **info@frenchaccommodation.co.uk**

What's On

Saturday June 4th
Bulat Pestivien. A meal, open to all. All proceeds to Mucoviscidose (Cystic Fibrosis) research, at the Salle Polyvalente 7 p.m. Adults 10 €, children 5 €. Backpacks, tee shirts, recipe books etc. will also be on sale. More info: 02 96 45 73 96

Saturday 4th (afternoon) & Sun 5th June.
Glomel Sports weekend. ""Rand'eau vive" on the banks of the Nantes/Brest Canal at Glomel (nr Rostrenen). Over the 2 days: races, demonstrations and sports for all. Wall climbing, archery, kayaking, walking, horse-drawn carriage rides. Also: Activities & mountain bike race for 6-11 year-olds. **Triathlon**: booking on site from 3 p.m. Sat. & 8 a.m. Sun.
Tel: 02 96 29 65 01 / 02 96 29 17 95
www.cnpakb.org

Saturday June 4th - Sunday June 5th
Chateau de Kerminaouët (between Tregunc & Pont Aven) Festival of Art, Health & Nature. Walks, plant sale, organic produce, alternative therapy presentations, music, food. Adults: 3 euros; 7-14 yrs: 1 euro; Under 7s free. More info: 02 98 50 19 68 www.chateaubretagne.com-kerminaouet@wanadoo.fr

Sunday June 5th
Book and Boot Sale. Carolann's, Carnoet.(On left as you enter village.) Well marked.10 a.m. - 3 p.m. Free tables. Hot food available - by popular demand - pies and pasties. Friendly atmosphere. 02 96 21 54 62

Sunday June 5th
Ecomusée des Monts d'Arée (near Commana) A Botanical Stroll. Identification and use of medicinal plants. 2p.m. - 5 p.m. 8 €.
More details, 02 98 68 87 76

Thursday June 9th
Cultural outing to Chateau de Tregarantec organised by AIKB. Gardens designed by Le Notre - designer of gardens at Versailles.
Call Liz on 02 96 24 87 90 for more details.

Sunday June 12th
Book & bric-a-brac sale. Le Poteau, Corlay. Lunch 1 p.m. (12 euros roast lamb, wine included).Fun dog show afterwards at 3.p.m. Dog most like owner/ best trick etc. More information: Tel: 02 96 45 79 11

BOOK A FEAST
LUNCHTIME OR EVENING
Meat platter, Cheese platter, and Fruit platter followed by Sweet and Coffee.
10€ per person for parties of 7 or more
June only Booking only
Tranquility, 20 rue de Pont, Pontivy
02 97 07 05 01

Afrikaraez
African Supermarket
Food Jewellery Hair Products
Open till 12 midnight Closed Tues.
51 ave Gl. de Gaulle Carhaix

CENTRE EQUESTRES
KERMABILOU
(nr Huelgoat)
Riding lessons Riding Holidays
Exploring Parc d'Armorique on horseback
Qualified English-speaking instructors
Tel. Wanny 02 98 99 78 46 lunchtime /after 8 p.m.
http://cheval.kermabilou.free.fr

B&B Open all year
LA GRANDE MAISON
CHAMBRES D'HÔTE
MAGNIFICENT VIEWS, QUIET POSITION, RELAXED SURROUNDINGS
La Croix Neuve, 22340 Le Moustoir 02 98 93 08 37
www.holidayinbrittany.org
lagrandemaison2@wanadoo.fr

B&B nr. Callac
Ensuite bedrooms
Delicious buffet breakfast
Evening meals Private bar
John & Shirley Tel./Fax: 02 96 45 06 21
Kerrougant e mail: johnledlie@aol.com
22160 Calanhel www.french-gites.com

Ty Gwennili
Chambres d'Hôtes
Relaxing and tranquil country setting, ideal for walkers, cyclists etc. Open all year.
tel: +33 (0)296 457346
e-mail: kerlouet@wanadoo.fr

Sunday June 12th
Carhaix. Festival of Breton dancing. 1.30 p.m.- 400 children, in traditional costume, parade through the streets of Carhaix to Espace Glenmor - where, at 3.30 p.m. they perform a dance spectacle of traditional Breton dances. Reservations/information: 02 98 93 04 42

Saturday June 18th
Barn dance with line dancing & disco. Food available. 7.30 p.m. Salle de Mairie, Plumeliau. (nr Pontivy). To book, please ring Hazel: 02 97 51 98 71

Saturday June 18th
Quiz night and "Bangers and Mash", Salle Polyvalente, Saint Gelven, 8 pm. Questions in English and French, prizes for best answers. Teams of 4 people to take part. Open to all. Organised by AIKB. More info:
Liz 02 96 24 87 90

La Fourmi Rouge
(The Red Ant)
Bar Terrace
Breton Beer
20 rue Portz-en-Haie Le Faouët

Au Rendez-Vous Des Celtes
In the past month we have served....
Tiger Prawns with Honey & Ginger Sauce
Tuna Steak with Tomato, Basil & Chilli
Smoked Duck and Fresh Fig Salad
Sirloin Steak with Mushrooms & Stilton
Spinach Ravioli, Pesto & Walnut Sauce
Steak & Mushroom Pie
...AND DID YOU KNOW WE SERVE FISH & CHIPS AS WELL..??
Booking Recommended
LE BOURG - PLUSSULIEN
02 96 24 04 26

Sunday June 19th
Two DVDs of Maharaji, one of him speaking to the Italian parliament and the other to an invited audience in Madras. Total 1 hr. Starts 5.30 pm Hotel Relais du Roy, Guingamp town centre. (Entrance through stone arch at left of building.) www.knowthyself-bzh.net

Friday June 24th.
Picnic & Conference at 16 rue au Lin, Gouarec. Visit the gardens, picnic, and lecture on The Origin of Plants by Maggie Campbell Culver author of book of the same name, and frequent contributor to Radio 4's Woman's Hour. More info. 02 96 24 87 90

Saturday 25th June
Cycle Race Pierre Le Bigaut. In aid of cystic fibrosis research. Amateur & professional circuits - 25 km, 60 km, 100 km, 155 km. - through 28 communes in Central Brittany. Callac start. Last year 6 000 participants. Registration (oblig.): 02 96 45 83 56

Sunday June 26th
Bulat Pestivien. Vide-Grenier. 9 a.m. - 5 p.m. Special attraction 'English cake stand'. Some of the English community get together and bake cakes for the English cake stand. As in previous 2 years all proceeds to Bulat Pestivien community. Also sale of second hand English language books, from 50 cents. More info: Ruth 02 96 45 70 22 or Brenda 02 96 45 73 96.

July 2nd & 3rd
St Hernin (near Carhaix - 29) Music and Dance festival. This year's theme celebrates The Antilles. Many Zouk bands.(Zouk is rhythmic & exuberant Creole dance music), concerts, food, shows, exhibitions. More info:
www.tro-ar-bed.com or 0820 890 066

Please send information for 'What's On' to info@thecbj.com.
Central Brittany Journal, BP4, 22160 Callac
02 96 21 52 21

Diouc'h ar frouez ema ret tanvaat
Kent evit lavaret ema mad.
The fruit must be tasted
Before it can be called good.

The Widow's Son and the Three Dogs

Once upon a time there lived a young man who took his mother's goat out every day to graze. One day an old woman passed by followed by three dogs.

"Will you give me your goat, in exchange for my dogs?" she said.

"Oh no," said the young man. " I know my goat is only small, but she gives us milk, and what would I do with three dogs?"

The next day the old woman came to him again.

"Have you changed your mind?" she said.

"No," said the young man. "Keep your animals, and I will keep mine."

The next day the old woman came to him again.

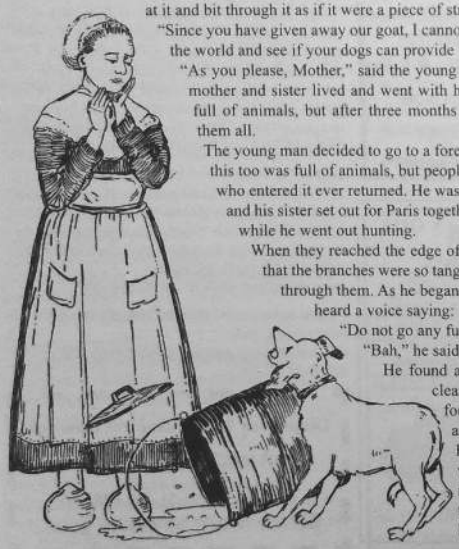
"Come, young man, will you change your mind?" she said. "You will not regret it."

The young man thought for a moment and decided to agree.

"Very well," he said. "Here is my goat."

"Thank you," said the old woman. "I also give you this golden whistle. Blow it when you are in need, and the dogs will come to you. Their names are Break-Iron, Hunter, and Fleet-as-the-Wind."

The young man's mother was a poor widow, who owned nothing in the world but her goat. When she heard of her son's strange bargain she flew into a rage and seized a stick. Immediately Break-Iron leapt at it and bit through it as if it were a piece of straw.



"Since you have given away our goat, I cannot feed you," she said. "Go out into the world and see if your dogs can provide for you."

"As you please, Mother," said the young man. He left the house where his mother and sister lived and went with his dogs to a nearby forest. It was full of animals, but after three months the dog called Hunter had killed them all.

The young man decided to go to a forest outside Paris. He had heard that this too was full of animals, but people were afraid of it, because no one who entered it ever returned. He was curious to see it for himself, so he and his sister set out for Paris together. She would keep house for him, while he went out hunting.

When they reached the edge of the forest he was surprised to see that the branches were so tangled that the sunlight could not pass through them. As he began to make his way into the forest he heard a voice saying:

"Do not go any further, your life is in great danger!"

"Bah," he said, "I have my three dogs."

He found an empty house for his sister in a clearing, and then went hunting in the forest. He saw many animals, but not a single person.

He had arranged with his sister that when she had made the midday meal, she should ring a bell to tell him it was ready. That day, however, midday came and went,

and he did not hear the bell.

"Can anything have happened?" he said. "Let me hurry home!"

Something had indeed happened. That morning when his sister was tidying the rooms of the mysterious house, twenty-four giants appeared. They were all so strong that they could lift up an ox as if it were nothing.

"Who are you, and what are you doing in our home?" they cried.

"Forgive me," said the poor girl. "It is all my brother's doing."

"Truly," said one of the giants, "you are too pretty to die, but you must help us to punish your impudent brother."

So saying he threw several handfuls of poison into the soup that was cooking over the fire, and then he and his companions hurried away. No sooner had they gone, but the young man and his three dogs entered the kitchen. Break-Iron sniffed the air, and leapt at the cooking pot. It rolled over spilling all the soup.

"What has happened sister?" asked the young man.

"I was busy tidying the house," said the girl. "That is why dinner was not ready on time."

Next morning the twenty-four giants returned.

"Is your brother dead?" they said to the girl.

"No, Break-Iron smelt the poison, and spilt the soup," she said.

"No matter, we will try something else. In the corner of this room is a chair which freezes whoever sits in it. Tell your brother to sit there while dinner is being prepared, and we will see to the rest."

The giants left and the young girl rang the bell. Her brother soon arrived with his dogs, but when Break-Iron saw the chair he growled and crunched it to pieces.

When the giants found out what had happened they grew very angry. They decided on a new plan and persuaded the girl to help them.

The next day, when the young man came home he found his sister in bed.

"Alas my brother, I am very ill," she said. "I feel that I am about to die. Please fetch me a physician."

The young man hurried out and came back with a physician. However, the physician was really one of the twenty-four giants.

"I know what is wrong with this young woman," he said. "But I only know one cure for her."

"What is it?" said the young man. "I would go to the end of the earth to find it."

"She must drink goat's milk," said the giant.

"If that is all I will fetch it immediately."

The young man took his dogs and returned to the old woman who had given them to him.

"Please take your dogs and give me back my goat," he said. "I must have some goat's milk, or my sister will die."

"As you please," said the old woman. "I only hope your kind heart does not get you into trouble."

When the young man came to the house in the woods the twenty-four giants stood in the doorway.

"So here you are," they said. "We have a bone to pick with you."

They took him and threw him into a deep pit, and rolled a stone over the opening.

He lay there a long while, and scarcely knew if he were alive or dead. How he wished he had not given back his dogs! Suddenly he remembered his golden whistle.

He blew it and soon heard the sound of joyful barking. The stone was crunched to pieces by Break-Iron, and Fleet-as-the-Wind carried him up out of the pit.

He returned to the castle, and walked through the rooms, looking for his sister. At last he found her, in the midst of celebrations for her betrothal to one of the giants.

"Never let it be said that treachery did anyone any good, not even you!" he cried, and set his dogs on them. They could not defend themselves, and the giants and his sister were swiftly slain.

Filled with sorrow, the young man left the castle in the wood, and walked to Paris.

24 The Widow's Son and the Three Dogs

In the city, he was surprised to see everyone in mourning.
"What is the matter?" he asked.
"Don't you know?" they cried. "There is a seven-headed dragon on yonder hill. It has eaten all the maidens in the city, but no man can slay it. Today it is the turn of the King's daughter."
"Very good," said the young man. "My dogs and I are looking for a difficult task. We shall see if this dragon is truly invincible.
He could not be dissuaded, and he and his dogs set out from the city. He soon met the King's daughter walking up the hill to the dragon.
"Turn back, my poor friend," she said. "Only one need die."
"Where I come from young men do not let maidens be slain," said the young man. "May God protect us both, Princess."
They reached the top of the hill and called to his dogs.
"Now Hunter – it is up to you!" The dog called Hunter ran off like a streak of lightening and chased the dragon out of its cave. It had seven heads and was breathing fire. Its tail swept along the ground, and was over twenty yards long.
"Now Fleet-as-the-Wind," said the young man.
The dog called Fleet-as-the-Wind ran at the dragon and began to dart round and round it, biting it all over. After a quarter of an hour the dragon was exhausted.
"Now it is our turn, Break-Iron," cried the young man, and he rushed at the dragon, sword in hand. Soon the terrible creature lay dead.
The princess had looked on from afar, and now she came running up.
"How can I thank you?" she said. "Take this handkerchief embroidered with my name; wherever you show it they will know you as the Princess's Deliverer. Take this vial of water too – it can bring the dead back to life. My father also will want to reward you."

"Thank you, Princess," said the young man. "I will make use of this water straight away."
Next he cut off the seven tongues of the dragon, wrapped them in the handkerchief, and returned to the giants' house in the forest. Ever since his sister had been slain, he had felt unhappy and he longed to see her alive again. When he arrived at the giants' home, he found where she was lying and bent and dropped a little of the water on her face. She awoke as if from a long sleep, and stood up, as well as ever. The young man then dropped water on the faces of the twenty-four giants. They awoke, shook themselves, rubbed their eyes, and asked for something to eat and drink.
"Young man," they said. "You have justly punished us for the wrong we did you. From now on we will stand by you to the death."
About a year after this, news reached them that the princess was to marry her deliverer. The young man wanted to know if this was true, and he and his dogs and the giants set out for Paris.
Now, when the princess had been left behind on the hill, a knight, who had been hiding close by, had come up to her. He had cut off the dragon's seven heads, and made the princess promise to tell everyone that he had saved her. He had come before the King, and their marriage had been arranged.
When the young man arrived in Paris and saw the preparations

for the wedding he grew very angry. He told the giants to attack the guard, and ordered Fleet-as-the-Wind to knock over the tables, while Break-Iron tore the dishes from the servants' hands.
The King called the young man to him and indignantly asked him who he was.
"Tell me, your Majesty," said the young man. "Is he who took the dragon's tongues the Princess's deliverer, or is it he who took the dragon's heads?"
"It is he who has the dragon's seven tongues," said the King.
"Then I am the Princess's deliverer," said the young man, and showed the King the tongues wrapped in the Princess's handkerchief.
The impostor was led away, and the young man was married to the Princess. When the King died he became king in his place and he ruled for many years with the aid of the giants. They became his chief advisors and he was always protected by his dogs, Hunter, Break-Iron, and Fleet-as-the-Wind.

F. A. Q. 8

Q.: "Every time you fix my computer you go on about secure passwords. I can remember my dog's name. Why can't I use that?"

A.: You can. You can also use your mother's name, or your birthday - but don't be surprised when the money in your bank account disappears.

The increasing use of computers in so many facets of life requires us to remember odd sequences of numbers. Your credit card PIN number; mobile phone lock; your ISP login as well as eBay, Yahoo! and your bank. It can all get very confusing and one may be tempted to take the easy way out.

My French bank, when they set up my connection to their website, used my account number (on my cheque book) and my birth date (common knowledge) as login and password. Easy you might think. Well, it was and it could have been easy for almost anyone to find out this information and use it. Don't bother; I've changed the numbers! How many people have not and are dickering with danger?

Increasingly we hear stories of "Identity Theft." It happens because people are not careful with their sensitive information. Don't be surprised if banks and other "responsible" institutions aren't either. After all, it isn't really their money that gets nicked, is it? Since these outfits cannot be trusted one should change one's login information often.

Let's stick with passwords. A useful password should be difficult for someone else to guess. A random mix of letters and numbers is best, the longer the better. Don't use proper names or even real dictionary words and never use your birth date! As for the length of a password; simple maths will tell you that four characters are much easier to guess than six or eight. So: q1y5z9m3 might look like rubbish but it's not bad as a password.

"I'll never remember that!" I hear you cry. Neither could I, but help is at hand. There are programs out there that can keep a record of login and password information. Here is a really neat one that is, of course, free for personal use: http://www.passkeeper.com. You will need to remember one password but all your others can be locked safely away.

For those of you who use browsers that can remember passwords, perhaps you should lock up your computer with a login password when it boots. You can do this with MS Windows. For laptop owners this is a must in case your machine gets "liberated".

"Walkies, Fido!"

Any questions?
graxwarrior@tiscali.fr
or phone the CBJ:
02 96 21 52 21

BURO+ express
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

M² COMPUTER REPAIRS
• Call Out Service
• Upgrades
• Custom Built Systems
• Tuition
• DVD Recording Service
(Preserve your rapidly decaying vhs tapes, wedding videos etc. by putting them on DVD. From 20€ per tape)
Tel: 02 96 73 46 31
email: info@bretoncomputers.com
website: www.bretoncomputers.com

Website Workshop

Last month we looked at the HTML behind a web page, this month we shall be looking at browsers.

Q - What is a browser?
A – A browser is a software application you have on your computer that allows you to display documents or web pages from the World Wide Web (WWW). Popular browsers include Microsoft Internet Explorer, Netscape Communicator, Mozilla Firefox, Opera and Safari. Browsers do not have precisely the same features, but their basic capabilities are very similar; some browsers like Firefox extend their capabilities by allowing the installation of third-party software.

It is important to note that not all browsers support all the possible web features so when creating web pages it is important to try and design a page that is supported by as many browsers as possible. For a business the website cross-browser compatibility factor is important, as every visitor is a potential customer.

Q – How do I view and navigate a website with a browser?
A – Open your browser and, if you know it, type in the web address - or click on the results from a Search Engine enquiry. As you move around your chosen site by clicking on the links, you have the options to go back to the previous page as well as going forward to a page you have just viewed (if you have already used the back button). These buttons are very useful when viewing a website that has not, for example, placed return links to previous pages. You will normally find these keys as icons under the menu section at the top of the browser. If you're not sure what they do, just hover your mouse over each one where a small instructional text box will appear.

Q – What is a Favourite or Bookmark?
A – Browsers can store a list of websites or web pages to which you want to return at some point. Explorer calls them 'favourites' and Firefox calls them 'bookmarks' – they are essentially the same thing. Remember that these are only the *links* and not the pages themselves, you will have to be connected to the Internet to view it/them.

Q – What else can I do with a browser?
A – Lots of things beyond the scope of this column but some of the most useful include; being able to save a web page to your computer, sending a link from a web page to a friend, increasing or decreasing the text size and changing your security or privacy levels.

Next month:
Static and dynamic websites

malcolm@practicalnet.co.uk
www.practicalnet.co.uk

LINK Multimédia
TOSHIBA Satellite A60-117
Best Seller!
Cel. D335 2.8Ghz
256MO 40GO
15" TFT XGA ATI
Mobility Radéon 7000
CDR/W-DVD
G/B 56k Lan 3USB
FireWire Infrared
Windows XP Home
MSF Office Note
959€

NOW AT @mouest
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 - WANADOO and LIVEBOX packages
Large range of office, computer and telephone supplies
English operating systems available
@mouest 4 place de la République 22110 ROSTRENEN phone : 02 96 29 14 00

28 Word Search

Word Search: Find the 70 world rivers hidden in the grid below, including 7 Breton ones.

Words can run forwards, backwards, up, down, and diagonally

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

AMAZON
ARNO
AULNE
BLAVET
BRAHMAPUTRA
BRAZOS
COLORADO
COLUMBIA
CONGO
CLYDE
DANUBE
DARLING
DEE
DNIEPER
DON
EBRO
ELBE
EUPHRATES
GANGES
GARONNE
HUDSON
HYERE
INDUS
IRTYSH
KRISHNA
LENA
LIMPOPO
LOIRE
MACKENZIE
MADEIRA
MEKONG
MEUSE
MISSISSIPPI
MISSOURI
MURRAY
NIGER
NILE
OB
ODET
ORANGE
OUSE
OUST
PARANA
PO
PURUS
RANCE
RED RIVER
RHINE
RHONE
RIO GRANDE
SEINE
SEVERN
SHANNON
SHENANDOAH
SNAKE
ST LAWRENCE
TAGUS
THAMES
TIBER
TIGRIS
TRIEUX
URAL
VOLGA
YAMUNA
YANGTZE
YELLOW RIVER
YELLOWSTONE
YENISEY
YUKON
ZAMBEZI

Classified Advertising 29

Classified Adverts
25 words 3€

Animals

For Sale: Yorkshire terrier puppies. 2 males- 8 weeks. Exceptional temperament/ breeding. Used to children & cats. Vaccinated & chipped (mother's chip: 2CWC614), one ultra tiny: 600€ , one medium size: 500€. 02 98 93 55 89

For Sale: Rare Breed Poultry. Wheaten and Black/ Copper Marans, Faverolles, Crème Legbars, Ardennaise, Red and Brown Sussex, Lincolnshire Buffs. French-hens@hotmail.com Tel: 02 96 45 78 23 (Callac)

For Sale. 12 hh pony, bay gelding, 5 years. Good catch, farrier, traffic. Vaccinated, wormed. Kind, knowledgeable home only. 650 €. No dealers please. 02 98 99 53 18

Pet Sitter. Worried what to do with your pets? Leave them in my capable hands 24 hours. Vet nurse qualifications. All pets accepted Tel. Elaine 06 66 02 30 06

B&B

B & B Rostrenen area *"Maison Daisy"*. Beautiful house, large, tranquil gardens. 25€/room/night. Tel: Bob & Jackie 02 96 36 06 97

Brittany Breaks - B&B in Pont Melvez between Callac and Guingamp. From 22.50€ 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

Courses

T'ai Chi, Calligraphy, & I Ching. July 9th – 15th at Keravel, Bulat Pestivien. Residential 550€; non-residential: 345€. Phone Penny Allen 02 96 45 79 36.

For Sale

Firewood 90% 0ak, 10% beech. Cut to size. 160 €/cord delivered. From pruning and sustainable forests. 1 metre lengths green wood, 105 €/ cord Tel: 02 96 13 40 05

GB stamps & British Commonwealth bought and sold; Single Stamp or Collections. Contact Mike 02 96 43 44 23 ; email: therealmccoy999@aol.com

Modern Flueless Gas Fire Burley 4121 Ambience Stove. Propane and Natural Gas log burners, thermostatic control, environmentally friendly, 100% efficient. 675€ ono Tel: 02 98 93 98 23

Convector heater. 2500 watts. As new. 30 €. Also Super Ser free-standing gas fire on castors complete with gas bottle. 65 €. Tel: 02 96 26 30 26

Electric Piano with stand & case. Yamaha YPR30. Touch sensitive, 5 octaves, 8 instrumental sounds. 80 €. 02 96 13 42 07

Charming narrow tallboy, elm. Side table, red wood, turned legs, late Georgian. Country table with drawers. Traditional Carpenter's bench with large vice, old metal lathe and lots more. Enquire at 02 96 25 72 90

More classified ads page 38

INVALUABLE REFERENCE BOOKS covering: Medical & Health, Building & Renovation, Gardening, Motoring, and Conversational French. All English-French, French-English. Several recently reviewed in CBJ. Visit our website: www.hadleypager.com or English Book Shop, 4 rue des Vierges, Josselin 02 97 75 62 55 or e mail: hpinfo@aol.com

For Sale Propane gas cooker. Faure CGC4018. 50w x 60d. Very little used. 120€. Also single divan bed with mattress. VGC. 40€. Call Karen/Kevin 02 96 21 64 60

For Sale: 22LR, scope, bag, strap, Winchester-style: 330€; Navy Colt, black powder, 36 cal., with accessories: 220€ Tel. 02 96 25 72 90

Organic Raspberries for sale. Pick your own (1€ per 100g) or ready picked. Le Coty Farm, 1km Plouyé village, 7 km from Huelgoat. Tel: 02 98 99 77 68

Large caravan - Lunar Eclipse 1994. Length 5.24 m. VGC. Shower/cassette toilet/ double glazed/cooker/oven/ fridge/CD player. 4-berth. Full awning. Original paperwork. 3600€. Tel: 02 98 99 53 18

Mobilehome Willerby for sale & to be removed, 1994, excellent condition, 2 bedrooms, 4/6 beds, fridge & freezer, gas heater, electric heater in each room. Contact 06 71 13 30 01. Price 6 800€.

Please send classified advertisments with a cheque made payable Central Britanny Journal to BP4 22160 CALLAC

Compost and Soil Improvement

Improving the quality of the soil results in more birds being attracted to your garden.

Brittany has a remarkably good climate for composting garden waste. It is not necessary to construct complex compost bins - the secret of good compost making rests in getting the correct mixture of materials.

Initially, waste material from the garden can simply be piled up in a suitable corner of the garden or in an area where you wish to improve the soil for planting next year or the year after. Suitable material includes weeds, leaves, turf, plants that have died, trimmings from vegetable plants, dead flower stalks, kitchen waste, and a certain amount of hedge clippings - woody hedge clippings are rather indigestible and slow down the progress of the heap; they pose less difficulty if you chop them up or put them through a garden mulcher.

In most gardens, there are too many grass cuttings for the compost heap to cope with: a mass of grass cuttings cuts off the flow of air to the heap and results in it becoming too acidic for the breakdown of organic matter to continue. Therefore, only small quantities of grass cuttings should be added to the heap at a time, the rest of them can be spread directly on the soil as a mulch - around vegetables, round the base of fruit trees, on a shrubbery, and even on flower beds.

Once you have a good pile - you will need at least a cubic metre of organic material - you can rearrange it in the form of a heap. Fork material from the top of the pile to form the bottom layer of the new heap; when doing this, try to take into account that the final heap should be symmetrical in its dimensions - the height, length and width being approximately the same - to aid heat retention. Build up the pile by distributing the organic material in layers. If some of the material, such as turf or weed roots, is particularly rich in earth, try to alternate this with softer material such as kitchen waste, grass cuttings, or young weeds.

The secret of good compost production is to turn this heap every so often. At this time of year it can be turned every few weeks, during the winter it can be left for a few months in between turnings. To turn the heap, you simply fork the top layer onto a convenient spot close by, and reconstruct a new heap beside the old one. As far as possible, one should try to get material from the top and outside of the old heap, at the bottom and centre of the new heap. Depending on the time of year and the nature of the material in the heap it may need turning only once before it can be used, or may need turning two or three times.

This method can even be used to break down mature weed plants with their seeds such as thistles and nettles, and also

Continued page 32

Petra a lavar ar gwenan?
Evit dastum, kemer poan.

What do the bees say?
To gather takes effort.

Chicory

A month to month guide to growing chicory for the winter.

***Chicory Month by Month:* June**

If you have not already done so, make your main sowing of chicory. Select a bed with good, deep soil, rich in organic matter. If possible, it should be free from stones, and the roots should have space to grow down, unimpeded, at least eight to ten inches.

Earlier sowings should be well weeded, and thinned so that the plants are about 4" (10 cm) apart.

Water if the weather is dry.

Soft Fruit

In many gardens it is necessary to cover soft fruit such as strawberries, blackcurrants, redcurrants, gooseberries, and even raspberries, with netting at this time of year. Otherwise, birds may strip the bushes of their crops just before they are ready for picking.

This month, don't forget to look out for *coco Paimpol* seeds in the shops. These are a local variety of the white haricot bean, which are traditionally grown in the Paimpol area. The pods are left to dry on the plant and the beans, once shelled, can be stored all year. Seeds can be planted now, in June, and also at the beginning of July.

Tim the Gardener

P.Y.O. ORGANIC RASPBERRIES
Pick Your Own: 1€ per 100g,
Ready Picked: 1.60€ per 100g
Traditional smallholding, Great for kids
Le Coty, 1km from village, 7 km from Huelgoat 29690
Tel: 0298997768 www.lecoty.com

NO MORE FROST! LET'S GO
We have a good selection of bedding plants available, also some perennials and vegetable plants.
OUR STRAWBERRIES ready later this month
(please phone to check availability)
Pete and Jean Coomber
La Grande Maison **Tel: 02 98 93 08 37**
La Croix Neuve lagrandemaison2@wanadoo.fr
22340 Le Moustoir www.holidayinbrittany.org

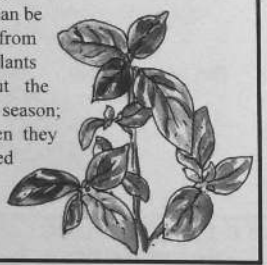
PETER SMITH
TREE SURGEON
Felling - Pruning - Hedging - Fencing
Stump Removal - Wood-chipper
Sheds & Stables - Firewood
All arboricultural work undertaken Plouguiver 02 96 13 40 05

Grass Livery
Full and DIY available
Long & short term
Also holiday livery
Good riding country
7 km west of Huelgoat
02 98 99 83 63

J L G FENCING
Quality construction
Post & Rail Post & Wire
Panels Gates and Gateways
Metal Fence Panels for Hire
Tel 02 98 99 83 63 06 66 76 82 33

Basil is an annual herb with waxy, highly flavourful leaves. Seeds can be sown in June directly outside, or in a pot, and transplanted to a sunny, and preferably sheltered spot, when they are large enough to handle. Wood ash, or rings cut out from plastic bottles, can be put around the seedlings to protect them from slugs.

Leaves can be picked from the basil plants throughout the growing season; even when they run to seed later in the year.



Continued from page 30

brambles cleared from rough land. Heaps containing a lot of such material should be kept for a longer period of time, at least a year, and the resulting compost applied to an area that can be hoed easily, in case the weed seeds have not been destroyed - handweeding round seedlings that have been mulched with a compost containing nettle seeds can be very painful.

The best way to use compost is as a mulch. In the winter it can be used to cover patches of ground that would otherwise be bare, such as vegetable beds and herbaceous borders; this has the effect of inhibiting weed growth, preventing soil erosion and providing nourishment for living organisms that live close to the surface of the soil. In the summer it can be used to mulch around fruit trees, vegetables and flowers; as well as nourishing the roots of these plants, the compost mulch reduces evaporation from the soil surface, and thereby reduces the need for watering.

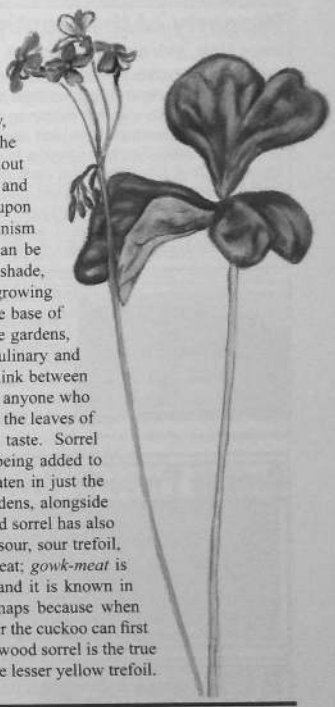
Compost used in this way will nourish the soil, and over the course of time you will see a gradual but steady improvement in every aspect of your garden: there will be an increase in the number of earthworms, and other soil organisms, which in turn will attract more birds to your garden, which as well as being a pleasure to see in themselves, will help to stop caterpillars and other pests from getting out of control; nutrients in the soil will become more plentiful and, consequently, plants in the garden more healthy and resistant to disease; and, in the context of current concerns most importantly of all, your garden will have a positive impact on water quality in your area.

Les Bocages
David Robins
Arborist
All aspects of Arboriculture and Forestry
Copious amounts of advice given.
Fully chainsaw qualified.
Inspection and felling of dangerous trees.
Renovation, trimming and removal of hedges.
Forest management plans prepared.
Free consultation
Tel: 02 97 39 99 82 Areas 22, 29, 56 covered
David.robins@wanadoo.fr
Member of the French Arboriculture association

Specialists in plants suited to local conditions
Pépinières de Port de Cahaix
Ecluse de Kergoat 29270 Saint Hernin 02 98 99 54 55
(Beside the Nantes/Brest Canal, Port-de-Carhaix)
Shrubs
Heathers
Herbaceous Plants

Wood Sorrel *Oxalis acetosella*

Breton: Trinchin koukoug *French:* Pain de coucou



The wood sorrel is an attractive little plant, which looks almost too delicate to be growing wild. Its leaves are three-lobed, like those of clover, but are soft and downy, whitish beneath but a distinctive light teal green above; the flowers, which can be seen almost continuously throughout the summer, are a bright pink, or sometimes white, and although small appear in great numbers, each one borne upon a long stalk. The seed pods come later, and have a mechanism by which they fire out the seeds, like a catapult. As can be guessed from its name, wood sorrel is a plant of the shade, which will not grow in full sunlight. It can be found growing wild in woodlands, scattered across the ground or by the base of trees. It is also very abundant in and around old cottage gardens, where it was widely planted in former days for both culinary and medicinal purposes, not to mention for its flowers. The link between this plant and the common sorrel is not so obvious. Yet anyone who tastes the leaves of both will soon find the similarity, for the leaves of sorrel and wood sorrel have the same very sharp acidic taste. Sorrel has long been used in cooking, its chopped up leaves being added to soups, dressings and sauces, and wood sorrel can be eaten in just the same way. In olden times it was grown in kitchen gardens, alongside other herbs and vegetables. Wood sorrel has also been called by the names wood sour, sour trefoil, and more popularly cuckoo's-meat; *gowk-meat* is a Scottish variant of the name and it is known in French as *pain de coucou*, perhaps because when wood sorrel is coming into flower the cuckoo can first be heard. It is also thought that wood sorrel is the true Irish shamrock, as opposed to the lesser yellow trefoil.

I spy in June: *Red Campion*. Despite its name, red campion is a vivid pink and at this time of year it can be seen growing in eye-catching clumps all along the hedgerows. It attracts many kinds of butterflies, including the beautiful swallowtail *(see back page)*, and flowers all through the summer.

LA JARDINERIE HOLLANDAISE
Le Garly 56480 STE BRIGITTE Tel: 02 97 27 62 19
LARGE SELECTION OF SHRUBS...TREES...FLOWERS...BULBS
Very competitive prices
Landscaping and garden maintenance
ENGLISH SPOKEN
OPEN EVERY DAY EXCEPT MONDAYS

Property of the Month

Imposing, extremely spacious 7 bedroom detached house in Huelgoat.

Substantial property in very good order throughout, oil fired central heating with cast iron radiators, part double glazing, delightful landscaped gardens, and completely surrounded by a granite wall. There is potential to convert the garage into a spacious gîte, whilst the main property would lend itself for use as Bed and Breakfast. Situated in the town of Huelgoat, overlooking the lovely lake – an enviable position, with excellent facilities.308,860 € notaire fees not included.Contact Alioth Properties on 02 96 24 61 72, Email hughesproperty@club-internet

Nr Pontivy (56)

Neo-Breton style country house, with terrace

Ground floor: entrance hall, fitted kitchen, dining room, salon, bedroom, office, shower room, w.c. ***1st floor***: 3 bedrooms, bathroom, w.c., games room. ***Outside***: Double garage, laundry, w.c., outbuildings. Oil heating. Enclosed land 1000m²+, possible orchard 1600m². 258 400 euros Tel: 02 97 39 63 96

Granite Property Services

Lettings, Gardens & General Repairs

Based near Huelgoat FREE CONSULTATIONS

Contact Eleri: 00 33 (0)2 98 99 79 44

00 33 (0)6 89 52 65 65 / 00 33 (0)6 89 52 51 58

granitepropertyservices@tiscali.fr

PLUS QU'ELEC ELECTRICITY

Serving the French/English community.

Rewiring **Inspections**

Exterior Lighting **New Houses**

Stewart 02 96 21 53 60 / 06 88 49 58 47

Amar 02 96 36 51 86 *Plusquellec 22160*

AGENCE IMMOBILIERE DU PAYS DE GUERLEDAN

AIPG

14, rue des Halles, 22570 Gouarec

02 96 24 87 47

SELLING A PROPERTY

We give you an estimate of the value your property and explain all the legal requirements

BUYING A PROPERTY

We advise on each step of the process

G1125-Charming, detached longère with over 1 ha. of land. *Ground-floor* : kitchen/dining room, living room, 1 bedroom, bathroom, WC, utility room. *Upstairs*: 1 bedroom, 2 convertible attics. Outbuildings: small cottage, garage, shed, hangar. Lovely setting!

177 762 € agency fees included

www.immobilier-aipg.com AIPG.GOUAREC@wanadoo.fr

L'IMMOBILIERE DES TOURELLES

14, place KREISKER

22480 ST NICOLAS DU PELEM

Tél . 00.33.2.96.29.78.41

Fax : 00.33.2.96.29.79.72

Email valerie.gueltas@wanadoo.fr

Web site www.gueltas-immobilier.com

Looking for property in Brittany?

Houses, Homes, Gites, Investments

Alioth Properties

Tel: *English* **02 96 24 61 72** *French* **02 98 93 29 87**

www.french-property.com/alioth/index.htm

Drains

For city dwellers, the flush toilet ranks amongst the most useful of all inventions, but for country folk its advantages are not so clear cut.

The problem with the flush toilet is that it mixes solid waste with water; once this has been done it is almost impossible to stop at least some organic material becoming mixed with the water in the surrounding water system.

The purpose of sewage treatment plants is to remove and digest as much of this organic material so that the quantity that is eventually released into rivers, or the sea, is within acceptable limits. This complicated arrangement makes sense in large conurbations where any other system for removing human waste might prove to be rather unpleasant, but it is difficult to understand why it has been adopted in the country.

In the old days, when people in the country used earth closets, chamber pots, etc., waste material was dumped in a convenient spot in the garden and could be left to break down naturally, having no detrimental effect whatsoever on local water quality.

Once you decide to have a flush toilet in your house, you are committed to either having to connect it to a main drain provided by the commune, or else installing a treatment system that matches the standard of a public sewage works: in most cases a « fosse toutes eaux ».

Continued overleaf

Help Direct!

....and Bob's your uncle!

General help with all aspects of living in France

Anita.lemoulec@free.fr 06 70 72 71 58

For Sale: Manoir, Carhaix

Own grounds - 4000 sq m.

Entrance hall. Kitchen. WC. Lounge 50 m², 3 bed., bathroom. Solid oak spiral staircase. Attics to convert to further 3 bedrooms. Gîte to renovate. Longère to convert to 3 gîtes.

Walking distance Carhaix centre.

Includes some furniture. For quick sale: 250 000€. 02 98 99 10 77

For Sale: Nr. Le Faouët (56). 19th century stone longère, 120 m², renovated. Two outbuildings : (a) 3 rooms + attic. Large renovation possibilities; (b) Penty. All three houses with new slated roofs. 1000 m² garden with fruit trees; large car park behind main house. 168 000€. Call 02 97 34 47 07

For Sale: Pont Melvez. Cottage in countryside. 2 km village. 12 min. Bourbriac/Callac/ Guingamp. Immediately habitable. 7 000 m² total. 1 large bedroom, large living room, kitchen/diner, bathroom, w.c. 60 000€ ovno. Tel: 02 96 13 42 07 / 0044 1305 786 300

Buying or selling a property? Contact us at:

Maisons Bretonnes

www.maisonsbretonnes.com

and see what we have to offer

jeanie.stone@wanadoo.fr

02 96 43 61 01 06 88 41 63 61

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

36 Property: Drains *contd.*

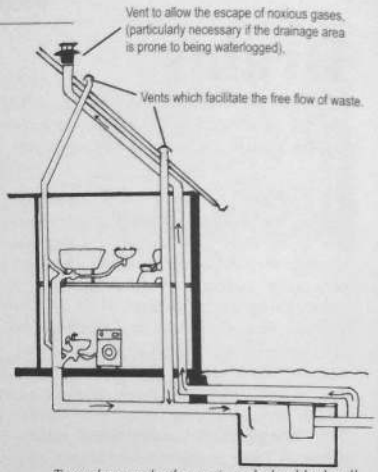
Continued from page 35

The fosse toutes eaux (a septic tank that takes all the water from the house including waste from the WC, the bathroom, the kitchen sink, and the washing machine, but not rainwater from the roof) works on the principle of initally collecting the waste in a large tank where it can be partially broken down and then distributing it through pipes into the soil where the treatment process can be completed by the organisms in the soil.

In ideal conditions, it is a system that works well, but it depends on being able to release the water from the tank into non-waterlogged soil, rich in organisms, that is able to retain the water long enough for it to be purified.

The most-commonly encountered problem is that the system ceases to work in water-logged soil. This can be remedied by installing a system of drainage pipes below the filtration pipes from the fosse from which water is then pumped into a nearby river or ditch.

Before recieving permission to install a septic tank it is now necessary to consult the local mairie to ascertain whether the proposed site is prone to being waterlogged, flooded, etc. and to determine what sort of system is required.



To work properly, the septic tank should take all the waste from the house, including the WC, the bathroom, and the kitchen.

Building & Property Services

see also pages 6, 37, 39, 40, 43 & 44

PAINTING-DECORATING
Interior - Exterior
TOP QUALITY AT BEST PRICES
02 96 22 58 24
06 88 41 64 98
Plouha2@aol.com
22580 PLOUHA
G.C. Keeley

La Cassière Travaux Publics
Septic tank systems,
Groundwork for swimming pools,
Roadways Demolition of buildings
Also 3-ton mini digger for hire.
Martyn Conduit:
02 96 26 22 56
06 11 18 22 19

Michael McCoy
Architectural Draughtsman
All your planning needs
Specialising in Renovation
& Disabled Access
02 96 43 44 23

OIL CENTRAL HEATING & BOILER SPECIALIST
New Boilers Installed, serviced or repaired.
Existing central heating systems altered or new fitted.
Hot water tanks & all general plumbing.
All Areas of Brittany covered
Sean Hendicott Tel/Fax: 02 98 93 55 89

Building Contractors 37

TLC Services
Plumbing Tiling
Kitchens Bathrooms
Underfloor heating installations
tel/fax: 02 96 36 56 19 paul.bridgen@tiscali.fr

Willow Electrics
Rewiring
Alarm systems
Electric Heating Systems
Safety checks on your property on request.
Tel: 02 96 29 69 12 willow.sarl@wanadoo.fr

RENOV'ACTION
THE COMPLETE BUILDING PACKAGE
GENERAL CONSTRUCTION, PLASTERING, PLUMBING, ELECTRICS, HEATING, CARPENTRY, ROOFING, TILING, LANDSCAPING, FOSSE SEPTIQUES, DIGGER & SCAFFOLDING HIRE
RING FOR A FREE ESTIMATE
Tel./Fax. : 02 98 99 92 63
Mobile : 06 84 03 66 47

The Kilted Gardener
Property Maintenance
(Landscaping)
Plant Hire with operators
Garden Machinery
Estimates, devis 30+ years experience
Tel: 02 96 45 74 35 E-mail: chas.lindsey@tiscali.fr
Scottish owned Company French Registered

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 Plusquellec
Tel/fax: 02 96 45 04 43 Mobile: 06 65 33 89 93
p.gravener@tiscali.fr
http://highstwest.chez.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)*
www.eco-confort.fr

FULLY REGISTERED AND INSURED GENERAL BUILDER
Hemmetts
Maçonerie
Renovation
All aspects of Buildind works & Fosse Septiques
Tel: 02 96 45 93 87 email Hemmac@Wanadoo.fr

BOUGET MICHEL SARL
22160 LA CHAPELLE NEUVE
Digger & mini digger
Septic tanks installed,
landscaping etc. ....
bvirgin3@aol.com www.bougettp.com
Tel 02 96 21 63 42 English spoken

Blue Point CONSTRUCTION
For all New Build and Renovation Projects
We offer a complete service and are specialists in natural stone work
Tel/Fax: 02 98 73 92 08

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

Cattery

Beautiful, peaceful location
Open all year
Individual heated cabins
Outside runs
Brian and Carol McDermott
02 96 34 47 26
15 mins Lamballe, 20 mins Loudeac
mcdermott@wanadoo.fr

'Cuts fur Mutts'
Professional grooming for small & medium dogs.
Between Carhaix (29) & Gourin (56)
Bathing, clipping, trimming, nail care.
Contact Susie
02 98 99 53 18
06 33 51 18 13
guernazou@aol.com

THE PET HOTEL
CALLAC
Select Boarding Kennels
Indoor, heated & spacious
Exercise area & walks
Visitors welcome
Nicky Burton 02 96 45 93 13
3 Restguen Callac
bill.burton@wanadoo.fr

PETAHOLICS Pet Sitting Service
All your pets' needs catered for in the comfort of their own homes. From horses to hamsters, no pet too large or too small
Jackie : 02 96 36 65 61
06 30 01 60 25
Jackie7562003@yahoo.co.uk

Yves Joncour Callac
Kennels Dogs and Cats
- Individually heated boxes
- Exercise area
- Walks
- Visit before booking

Kervégant 22160 Callac
02 96 45 59 22 / 06 78 01 87 95
www.epagneul-breton.com

Field Shelters built to order
Gîte maintenance/
Key holding/Cleaning/
Gardening Odd Jobs
Home & Garden clearance
Contact Neil & Susie
02 98 99 53 18 / 06 33 78 13 31
guernazou@aol.com

Friends & Penpals

French woman living in Lorient searching for English woman (50 years old) to converse with in English (may help in French too!) 91, ave de la Marne, 56100 Lorient

English penpal wanted amongst the English families in Côtes d'Armor, for a 14-year-old boy, for correspondence and potential reciprocal visits within the family. We live by the coast. Please contact: M et Mme Caillebot 02 96 22 50 05

Health

Thai Yoga Massage. Need some rest, strength and energy? Thai yoga massage. Zen and manual relaxation. www.artdutoucher.fr.st 02 96 37 42 81

Counsellor. 16 years experience, fully qualified B.A.C.P. & European Therapy Studies Membership. Pam Stewart M.Ed, B.A. (Hons) Tel. 02 97 39 48 84

Houses for sale

For Sale: 2 houses to renovate on 8000 sq. m of land + 300 sq. m storage barn. Peaceful location near village 55,000 €. Tel: 06 65 44 07 43

For Sale: St Gilles Pligeaux. House in need of some renovation. Living room, fireplace, kitchen/diner, bathroom, 2 bedrooms, large garden. Fuel heating 130 000€. Tel. 02 96 24 30 74

For Sale Plemét area, House with manageable land, spacious interior, large kitchen etc etc. Rural setting. Good atmosphere. 77 000€ o.v.n.o.

Learning French can be fun for all ages. Beginners, intermediate, conversational. Individual or group lessons. 20km radius Guémené.Call Joyce Ropers 02 97 39 95 02 / 06 84 28 68 02

Piano Rolls. 70 (approx). Good condition. 120€ ono 02 96 25 72 90

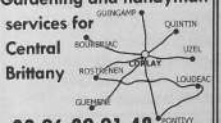
Services

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

Garden maintenance & design. Hard landscaping, fencing, hedge trimming, strimming, grass cutting, weeding etc. Dept 56, south 22. 30 km area around Guémené sur Scorff. Steve Betteridge 02 97 39 48 84

Ouicare - Gardening, Caretaking, Key Holding & General Maintenance Service. Efficient & Reliable. Ex National Trust workers. Current clients will recommend. French speakers. Tel: 02 96 36 68 53

Attention! For hire, with driver; long wheel base pick up. Ideal for collection/delivery of materials Brico depot/Big Mat etc. Reasonably priced. Phone for quote. 02 96 45 74 35

Le Jardinier Anglais
Gardening and handyman services for Central Brittany


02 96 29 91 42
www.lejardinieranglais.com

Is Your Gite, House or Holiday Home Looking Tired?
Then we can re-vamp it from top to toe.
Soft furnishings, Painting, Wallpaper hanging
General Maintenance.
Key Holding & Changeovers
Areas 29, 22, 56
Call Elaine **02 98 73 41 66**
06 65 20 95 59

Hommes au Travail
Home Maintenance and Building Works
Painting & Decorating
Tiling - walls & floors
Floors sanded & varnished
Veluxes & windows installed
Roofing & guttering repairs
Chimneys swept & capped
Electrical testing & rewiring
Domestic plumbing
Plastering, Kitchens, Bathrooms etc.
Nigel Radcliffe 02 96 29 72 89
nigelradcliffe460@msn.com

Mini digger & 2.5t tipping trailer
WITH EXPERIENCED, CAREFUL DRIVER.
Gravel/aggregates collected.
Rubble/topsoil removed or relocated.
Fully insured. All areas.
Call Sean 02 98 93 55 89
06 65 65 25 01

Ray Herrington
The Man Who Can:
✓ Property & Garden Maintenance
✓ Landscaping, Heavy Garden Work
✓ Land Management – Mini Digger & Tractor
Huelgoat and surrounding areas
02 98 99 72 16
06 83 13 39 70

Diggery
Small to medium digger work undertaken.
Fosse septiques, landscaping etc.
Bilingual help and advice on building.
02 96 45 06 88
06 17 85 55 02

***Revival* PROPERTY MAINTENANCE**
25 years experience in
Exterior and Interior Painting and Decorating
General Repairs of any Description
Call Steve: 02 96 21 50 31

Bob and Ros Cooledge
Grass Cutting
Garden Maintenance
Gardens Cleared
Change-overs
For a reliable and friendly service, please phone Bob and Ros on:
0033 (0)2 96 36 68 80
Carhaix & Surrounding Area

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)

40 Classified Advertising

House to rent

Typical Breton stone cottage To Let. 2 bedrooms, sleeps 4. Lovely surroundings close to Gorges du Corong. For information or to book please contact Carole or Patrick Tel: +33 (0)296 457346 e-mail: kerlouet@wanadoo.fr

Translation & French classes

ARMOR TRAD Translation & Interpretation, Accredited Translator, (Rennes Court of Appeal), Tel/Fax: 02 96 47 26 55 dany.oneill@wanadoo.fr 154 Rte de Minihy, Beg Leguer, 22300 Lannion

Conversation French classes. Beginners & improvers welcome. Small, friendly and informal groups. Make friends, have fun! Help with paperwork also offered. Tel.: Helen 02 96 36 68 53

3-day intensive French courses in September. All levels. Limited spaces. Booking now. Tel. Peter Mickelborough 02 96 36 59 00

Services

Curtains and Blinds - made to measure or altered. Also tie-backs, pelmets and cushion covers. Can advise with fabrics and styles.02 98 73 80 00

Laundrette services: 14 kg & 16 kg washers & Industrial dryers. All large items - duvets- (synthetic or feather), - blankets -settee covers -horse blankets etc. Self or service wash. 9a.m. - 12 noon Mon. - Sat. 12 rue St Michel, 22200 Guingamp. 02 96 44 12 56

Want your duvet cleaned for the Summer? Fran will service wash double and single duvets. Call: 02 96 45 78 04

Vehicles

Vehicle servicing and repairs carried out by highly skilled mechanic / body specialist. Over 20 years experience working on all makes of car. Welding work. Paint spraying. Small or full services. MOT work carried out. Diesel & petrol.Tel: 0296263493 jason@chezwinnie.com

Camping Car 2001 Fiat Ducato 'Eriba'. 1.9 Diesel Turbo. 43 000 km. Superb condition. French Reg. 2 berth. Fridge, Hob, Shower, W.C. 28 000 € o.n.o. Tel.: 02 96 74 29 34

Honda Accord 2.2i Aerodeck Hatchback Automatic. R.H.D. Excellent mechanics & bodywork. Good tyres. No log book. Need the space. Excellent bargain at 400€ 02 96 25 72 90

Ford Capri 1.6 GT edition. R.H.D. Goes well, good condition. Garaged 4 years. Need space. Great price at 350€. Contact 02 96 25 72 90

Wanted

Carpenter/Joiner for fitted cupboards etc. Lannion Area. Tel 02 96 15 17 53

Traditional Musicians! We are starting a session in the Rostrenen/Carhaix area. Tel. Peter Mickelborough 02 96 36 59 00

J. CHECKLEY
PROPERTY SERVICES
Complete Renovation Service
Dry Lining, Doors, & Windows, Tiling, Kitchen fitting.
All Building & Joinery work by skilled tradesmen
02 98 73 41 66
06 65 05 24 71

Maintenance and Small Projects 22
Gardens, landscaping, patios, gates, fencing, outbuildings, and decoration…
Telephone
02 96 13 42 20
For free estimate and advice

Chat Gris
ODD JOBS
House maintenance, Repair, Decoration and Renovation
Dept. 56; South 22
30 km rad. Guéméne sur Scorff
Steve: 02 97 39 48 84/ 06 74 99 59 22
stewart.pamela@wanadoo.fr

T&K GARDENING SERVICES
Grass cutting, rubbish removal and pick up and delivery of small items.
Honest and reliable
Tel: 02 96 21 50 06
terry-kathy@wanadoo.fr

Dominique
AUTOS 56
Garage
Repairs All Makes
Specialist BMW &
Quality Cars
Z.I. Le [illegible] Rue Lavoisier
[illegible] Pontivy
02 [illegible] 72 66

CLEARANCE STOCK
DIRECT FROM THE FACTORY
DISCONTINUED LINES
DISCOUNT PRICES
FLOOR & WALL TILES
CARPET, VINYL FLOORING
WOOD PANELLING
BATHS, WAHBASINS
OVENS, FRIDGES, WASHING MACHINES
DOORS, WINDOWS
MATTRESSES, BED BASES
HERE
30 mins. Carhaix.
OUEST RECUPERATION, LE FAOU (through town centre, well marked)
02 98 81 95 20 Open every day except Mon a.m. and Sunday.

Molly Maids
House and Gite
Cleaning, Changeovers, Keyholding and General Maintenance
25 km. radius Châteaulin
Call Kelli: 02 98 81 89 57
RichaelMcCormick@wanadoo.fr

celtic BAR
Le Fournil
Fast Food
Resto Rapid Sky Sport
Botaval, 29270 Cléden Poher
Tel. Adrian: 02 98 93 42 81
Irish-owned and run

Mark LONGMUIR
Roofing Contractor
Couverture
Zinguerie
Place de l'église
56160 Langoëlan
02 97 39 36 80
06 89 28 24 64

Lycée Jeane d'Arc Saint Ivy Pontivy
- Preparation for the baccalauréat with European option, Chinese department, etc.
- Technical Training: Catering, Car Mechanics, Tourism

www.lycee-jeannedarc-saintivy.com

Before the Start of Term
A week of intensive French courses
Mon. 22nd Aug to Fri. 26th Aug
For beginners and intermediate students.
02 97 25 80 08

Les Épices
Asian Food Store
Now Open
All the spices you'll ever need for Indian, Thai and Chinese cooking
Plus traditional utensils
34 rue Théodore Huet,
56480 Cléguérec
02 97 38 10 03
9.15-12.30;
1.30-5.30
Closed Wed. & Sun.
Produce also available online
www.les-epices.com

Sky NON SUBSCRIPTION ENGLISH TELEVISION

We supply, or fit your own equipment.

Trevor 02 96 43 16 04

www.madmanacrossthewater.com

Having a bad hair day?

Professional hair stylist in your own home.

Contact Patricia

mobile: 06 07 16 2

evenings: 02 96 36

pstocks9@hotmail

30 km radius

PRACTICAL net

simply practical websites

- Websites for small companies
- Small web design company
- Fully qualified in Multimedia
- Help with logos, cards & brochures
- Websites for property letting

www.PracticalNet.co.uk

malcolm@practicalnet.co.uk 02 96 26 04 83

TOM PARKIN

Kitchens
Bathrooms
Extensions
Dry Lining
Ceramic Tiling
Plastering Blockwork
Stonework
Barn Conversions

Tel: 02 98 93 58 07

Peter Stone

CEng MIEE

Property Maintenance & Project Management

Tel: 02 96 43 61 01

Mob. 06 88 75 26 88

jeanie.stone@wanadoo.fr

www.maisonsbretonnes.com

Primus via Eurofone

5.8 cents / minute anywhere in the EU US or Canada 24 hr / 365 days

Free Primus travel card for all new subscribers, enabling calls to and from 174 countries

Contact Ken Kirk-Bayley

02 96 43 33 51 EuroFone@wanadoo.fr

Concep't FENÊTRES

Windows Doors Blinds

New or renovated

Quick service

Showroom

35 rue du Soleil Le Faouët 56320

02 97 23 22 01

Fax 02 97 84 02 58

French Property Solutions

Planning Permission Services

(pre and post purchase)

Planning feasibility research, Advice and applications for Certificats d'Urbanisme, Declarations de Travaux, Permis de Construire.

Neil KERMODE

02 97 38 10 73 fps@manx.net

@mouest

Computer sales & repairs

Windows in English and English keyboards available

Large choice of mobile phones "hi-tech" or "no frills", pay-as-you-go, with standard contract or low-price mini-contract

Breizh Mobile Bouygues Telecom orange SFR

NEAR THE CHURCH

ROSTRENEN - 02 96 29 14 00

AGF Here when you need us

Carhaix English Spoken

All your insurance needs under one roof:

HOUSE CAR ACCIDENT HEALTH

26 ave Général de Gaulle Carhaix 02 98 93 20 48

International Phone Card

" TICKET TÉLÉPHONE "

15€

More Time to call Home

ROYAUME-UNI UNITED KINGDOM

490 minutes of communication

Available from Maisons de la Presse & Bureaux de Tabac

How does it work?

1) Call 3089 (toll free)
2) Enter your secret code and press #
3) Dial the country code followed by the number you are calling and then press #

Charged per second, not per minute

The cost of connection is 0.20€ and the call is then charged per second. Rate quoted above is for a single call from a private fixed line in France (excluding DOM), and excludes calls to special numbers and mobile phones. Calls cost an additional 0.06€/min from a public phone. Rates quoted include tax (TVA 19.6%) as of March 1st 2005. Calls must be made from a fixed line with a touch-tone phone. Conditional offer.

france telecom

RM RENOVATIONS

All building work undertaken

Electrics Plumbing Windows

Roofing Fosse Septique Service

We are also looking for French-registered Builders of all trades.

Tel: Richard 02 98 81 89 57

06 76 14 15 82 / 06 76 67 43 51

RichardMcCormick@wanadoo.fr

Brittany Easy

Administrative support:

health care, car reg., bank accounts, etc.

Interpreting & translations:

tradesmen, utility suppliers, etc.

www.brittany-easy.com

Personal Assistance Subscription System

290€ per month VAT incl.

Morgane Barbier

++33 (0)6 71 13 30 01

SKP TP - FOSSES SEPTIQUES

Complete service including soil tests, permissions and inspections

56300 MALGUENAC

Tel: 02 97 27 35 23 Mobile: 06 30 61 97 21

skptp@wanadoo.fr

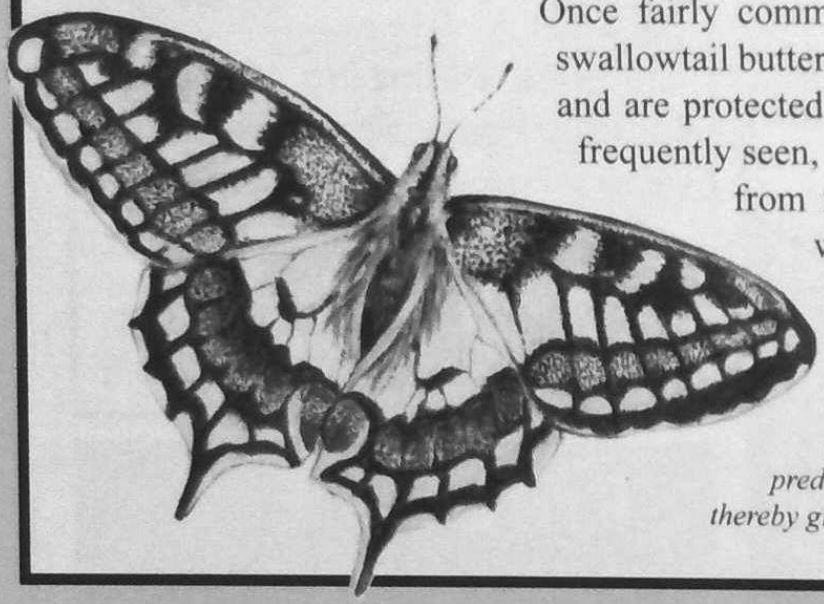
Swallowtail Butterfly

French: Grande Porte-Queue *Breton:* Balafenn

There are few creatures so exciting to see as the swallowtail butterfly. With its large wings, ending in 'swallowtails', and exotic colouring it makes a rare sight, and is quite unmistakable. It is Brittany's largest butterfly and as such is impossible to confuse with any other species.

The caterpillars are also unusual, being vivid green with colourful dots and stripes. The place to find them is on fennel plants or carrot tops, where they eat the leaves but don't seem to harm the carrots below. When disturbed they produce orange horns to deter predators.

The caterpillar of the swallowtail butterfly feeding on fennel.



Once fairly common in Britain swallowtail butterflies have now become extremely rare and are protected by law, but in Brittany they are still frequently seen, especially at this time of year, flitting from flower to flower in search of nectar whenever the weather is sunny.

The tails and red dots at the bottom of the wings, which resemble the eyes and antennae of the butterfly, seem to act as a trick to predators. Birds mistake them for the butterfly's head, thereby giving it a chance of escape.

Le Marché Bio Carhaix

Organic foods
Organic Wines and Beers
Eco Products

4 rue Charles le Goff Carhaix
(opposite Intermarché) 02 98 99 44 96

Pay Less for your Bordeaux
Direct from the Grower
Tasting Possible
Jean Oberti **Tel: 02 96 24 82 98**
7 rue des Ajoncs d'Or 22570 Gouarec
www.chateau-daviaud.com

ENTREPRISE GÉNÉRALE de BATIMENT

RENOVATION - NEUF
TRAVAUX d'ASSAINISSEMENT
Building in France since 1975

David KING

www.Brittany-renovations.co.uk

61 route de la Corniche 22580 PLOUHA

Tel 02 96 20 38 11 Fax 02 96 20 29 85

ISSN 1767-6738