

# Central Brittany

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*Journal*

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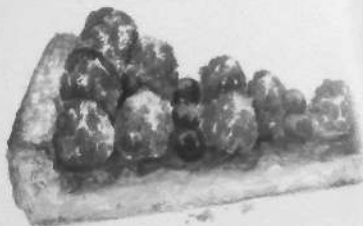
*Anne of  
Brittany*

2 Recipe

### Almond and Raspberry Tart

**Pastry**

- Ingredients:**  
 6 oz (175 g) unbleached white flour T80  
 1 oz (30 g) icing sugar  
 ½ teaspoon baking powder  
 4 oz (125 g) butter, or margarine,  
 cut into cubes  
 1 egg, beaten  
 1 tablespoon (15 ml) cold water



**Method:**

1. Mix the dry ingredients together. Add the butter or margarine, and rub together with your fingertips until the mixture resembles breadcrumbs.
2. Add the beaten egg and the water and mix well. Press together into a ball and place in the fridge to chill for 20 - 30 minutes.

**Filling**

- Ingredients:**  
 2½ oz (70 g) sugar  
 3½ oz (110 g) softened butter or margarine  
 1½ oz (45 g) powdered almonds  
 2 tablespoons water

- 3 tablespoons flour  
 Raspberry or blackcurrant jam (or jelly)  
 Icing sugar  
 1 lb (500 g) fresh raspberries

**Method:**

1. In a small bowl, mix together the softened butter and the sugar. Cream well.
2. Add the powdered almonds, the water and the flour. Mix until smooth.
3. Grease a glass dish and place the pastry in it. Press flat with your fingers, so that the pastry covers the base and forms a crust around the edge. Pour in the almond paste and spread it evenly over the pastry. Place in an oven gas mark 5 (190°C, 350°F) for 30 minutes, or until golden brown.
4. Leave to cool on a wire rack.
5. Spread with jam and arrange the raspberries on top. Dust with icing sugar and serve.

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Contents 3

### Contents

#### Anne of Brittany:

page 14



#### The Forest of Brocéliande

Angus Cutler page 4

#### Le Taouet

page 13



#### Five years in Brittany

page 22

#### Breton Story

page 27



#### Nature: Bracken

page 35

#### Beautiful Brittany

page 36

Recipe	2	Letters	11	Grax Warrior	30
Tea Shop Review	6	Administration	12	Website Workshop	31
Editorial	7	What's On	20	Word Search	32
News and Services	8	Business directory	23	Gardening	33
Tree Quiz	10	Aesop's Fable	29	Classified	37

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# The secrets of the Forest of Brocéliande

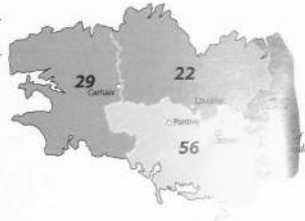
Angus Cutler

The legendary Brocéliande forest lies in the region of Paimpont, south west of Rennes. The forest covers an area of 18,000 acres. It is mostly wooded but also displays moorland, standing stones and fairy-inhabited rivers!

Everyone is familiar with the legendary King Arthur, Merlin, Lancelot and the Lady of the Lake, and the myths surrounding these wonderful characters. The legends change from area to area: in Tintagel (Cornwall) Merlin was trapped in a cave by his lover Nimue; in Brittany, Merlin's amour Vivian locked him in a standing-stone alignment.



Above: Broad paths cut their way through the forest which is a mixture of oaks and pines.  
Above right: There are a series of old, manmade lakes within the forest.  
Right: On a sunny day it is possible to see several species of lizards.



Opposite page:  
Top: The stream running through the 'Valley of no Return' is rich in iron oxide.  
Right: Trees, water and rocks combine to give the forest its characteristic feel.  
Far right: In places there are rocky outcrops which rise above the trees.



## Brocéliande:

"Val sans retour" or "Valley of no Return" is where Arthur's sister, Morgan le Fay, trapped her brother's knights after she was betrayed by her lover Lancelot.

The magical Fountain of Barenton is protected by a mysterious black knight. This is where Merlin first met Vivian and fell in love with the enchantress. Vivian slowly gathered all of Merlin's secrets for herself.

Merlin's tomb forms part of an alignment of standing stones in the northern part of the forest. It is possible to visit the tomb if you can find it – the forest is not well signposted!

There are so many legends concerned with Merlin and Arthur: they lived in Wales, Tintagel, Wiltshire and Brittany. I think it is up to you to choose the story which holds the most truth for you, because that is what it is all about: legend and myth, never to be uncovered, I think that is the magic! So Brocéliande hides many magical places which are yours to discover, if you can...



Pictures by Wendy Lewis

6 Tea Shop Review

Tea Shop REVIEW  
Le Faouët



This teashop is a little way from the town centre of Le Faouët. It has recently been taken over by new owners, and has a bright, lively atmosphere. There is a large selection of cakes, including a passion fruit mousse cake called 'Harlequin', and a chocolate cake 'Charleston'. There are also chocolate meringues, brownies and chocolate chip cookies. The pâtissier is also a baker and as well as the usual range of bread there are speciality breads including two containing maize and sweet chestnut flour.

The tearoom is in one half of the shop, and the three tables face the large windows overlooking the street. Cakes are served on particularly pretty, brightly-coloured plates and the owner is very welcoming.



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Séglien: La Crème Anglaise



Mel and Steve Willey have moved their shop, La Crème Anglaise, from one side of the town square in Séglien to the other. The new premises are beside the mairie and, as well as being larger, have a terrace at the front where visitors can enjoy a cup of tea and a cake.

Medieval Settlement



The University of Rennes is continuing its work on the medieval settlement at Le Goënidou, near Berrien, Finistère, from 18<sup>th</sup> August to 9<sup>th</sup> September. Volunteers, aged eighteen or over, are welcome to help with the dig. Contact Michael Batt 02 99 84 59 05

Art at Affordable Prices

Mick Hamlin will be opening his gallery in Berrien, nr. Huelgoat during the month of August. Mick has a long-term commitment to selling his work at affordable prices - for several years he was a member of the Skylark Gallery co-operative on London's South Bank - and guarantees a cordial welcome to all visitors. Open 12.00 - 5.00 Tue., Thur. & Sat. August The Gallery is well signposted in the village.

Editorial 7

Editorial

Summer seems to have come early this year - it already seems likely that we will get a good crop of outdoor tomatoes. In my garden, however, the apple and pear crop looks as though it will be practically non-existent, probably because of a week of cold weather that we had in the spring. Such things bring home the fragility of the natural systems upon which we depend for life.

My research for the Anne of Brittany article has led me to spend much of the past two weeks reflecting upon the philosophy of government. I have been left with the impression that even though Europeans have been at the forefront of industrial, technological and even political revolutions over the past five hundred years, we have made little progress in the matter of government. It seems absurd that we are still locked into seeing ourselves as being 'British', 'English', 'French', 'Breton', etc., hundreds of years after these distinctions were invented for no apparently good reason at all.

This month's Journal is larger than ever and in order to make it easier to find the advertiser you are looking for, we have included a business directory in the centre pages.

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**Neubut tra, neubud,  
Hinkin a ra neud**  
Little by little  
The shuttle makes thread

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8 News & Services

**Trouble at the EU**

It is always difficult to tell what exactly is going on in European politics but as far as one can tell the EU has finally run out of money. To make matters worse, the rejection of the constitution, means that it no longer has a viable mechanism for making decisions. What does this mean for the people of central Brittany? In the short term, probably nothing, but in the long term it makes sense to avoid employment that relies upon European or government money. Europe is not going to be able to keep the global economy afloat indefinitely: sooner or later flexible working, trading across borders and the greater use of technology are bound to catch on and people whose businesses are run on modern lines should be able to prosper whatever happens.

**Linen Exhibition**

St. Théo  
During the seventeenth century 35000 people in Central Brittany owed their living to the linen industry. Flax was widely grown in the areas around Loudéac, Quintin and St. Théo. By and large, it was spun and woven into cloth by people working in their own homes and the industry disappeared when industrial cotton mills were developed in other countries. The Maison des Toiles in St. Théo is staging its annual exhibition with workshops, exhibitions and a shop from the 16th to 17th July. This year the exhibition is focussing on links with UK craftspeople. Members of the International Feltmakers Association from the UK will be giving demonstrations of felt making. More info: 02 96 56 38 26

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News & Services 9

**New Internet Café:**

**Chez Winnie**

Chez Winnie in Caurel, overlooking the Lac du Guerledan, has added an Internet point to the facilities offered to customers. Tea, coffee and snacks are now available in addition to the wide range of English and French products sold in the shop.  
Contact Jason: 02 96 26 34 93

**Lift Sharing:**

**France Connections**

*Free Membership for CBJ Readers*  
David Stewart in the UK has started a new lift sharing site with the aim of cutting the cost of getting over the channel. He is offering free membership to the first 100 CBJ readers who contact him. Visit the site: [www.franceconnections.co.uk](http://www.franceconnections.co.uk) and if you are interested in becoming a member, send a message to: [sales@franceconnections.co.uk](mailto:sales@franceconnections.co.uk), asking for the free membership offered to CBJ readers. When you get a message back, simply follow the instructions.

**Vieilles Charrues, Carhaix**

22-24 July

Even if you are not a fan of rock music, Carhaix is worth a visit during the Vieilles Charrues: for the three days the town is transformed into a buzzing metropolis, packed with young people determined to have a good time.

**The Language of Shakespeare**

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as dreams are made on;  
And our little life  
Is rounded with a sleep."

*The Tempest*

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10 Quiz


**Tree Quiz**

Match the English and French names of these trees of Brittany (solution page 26)

Apple	Chêne
Ash	Orme
Beech	If
Blackthorn	Peuplier
Sweet Chestnut	Hêtre
Elm	Sapin
Hawthorn	Noix
Hazel	Prunellier
Lime	Pommier
Oak	Châtaignier
Pear	Saule
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Letters 11

**Letters**

**Trade Fair**

Have just read the June issue of the CBJ. We too have noticed an increase in Brit economic activity. Part good news, part bad news - many people who have been here for around two years find themselves running out of cash. I am considering the idea of a 'mini trade fair' to coincide with our Oct and Nov book and bric-a-brac sales in Corlay. I would like to hear from anyone interested in the idea.  
 Ray Constable 02 96 45 79 11

**Cricket on Radio 4**

Congratulations on your well-balanced magazine. I enjoy listening to long wave Radio 4 here in Brittany and am very upset when this is kidnapped by coverage of hours of cricket. I suspect the majority of Brits here in France would agree with me, although some enjoy the cricket and disagree with me. In either case, please send me a letter or postcard and I'll send the results on to the BBC... Hmm, even if it's "keep up the wonderful" and popular cricket coverage!"  
 P.J. Hatton  
 Pen ar Hoat, 22160 Plourac'h

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## Central Brittany's Departments



One of the first innovations introduced at the time of the Revolution was to divide France up into departments. Brittany was divided into five departments, one of which - the Loire Atlantique, which includes the old capital of Brittany, Nantes - was removed during the Second World War.

The departments are listed alphabetically and assigned a number accordingly - thus Côtes d'Armor is twenty second on the list and Morbihan is fifty sixth. From a purely administrative point of view the departments have been a great success. For example, they have enabled each property in France to be given a beautifully concise and accurate address, the first two digits of the five digit post codes designate the department.

In terms of the economy of Central Brittany, however, they have not been helpful. Towns such as Carhaix, Gourin, Rostrenen, Guéméné, Pontivy, etc., have much more in common with each other than they have with the departmental headquarters of Quimper, St. Brieuc, and Vannes, but the administrative system has, in the past, made it difficult for the people of these towns to work directly with each other.

The current situation undoubtedly presents business opportunities to anyone

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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).

with initiative, for example, established distribution companies find it difficult to deliver goods outside their departments, and it is never easy to get information about shops and businesses that may be close by, but in another department. Systems of communication specifically dedicated to serving Central Brittany are probably a prerequisite for an economic revival in the region.

## Le Faouët

Le Faouët is situated in the heart of the countryside, south of Rostrenen and north of Lorient. Over the years Le Faouët has attracted many artists, drawn by its idyllic setting, giving rise to a school of painting associated with the town. Le Faouët is also famous for its bees and beekeeping.



Above: Le Faouët is justly famous for its spectacular seventeenth century market hall. Markets are held on the first and third Wednesday afternoons of the month.

Left: The town has an exceptionally pretty central square which, in addition to the market hall contains this avenue of mature plane trees.

Below: The Fourmi Rouge, on the outskirts of the town on the road leading north in the direction of Carhaix, offers a welcome to people of all nationalities. The owner, Thierry Youcef, has travelled extensively in Africa and the East, a fact that is reflected in the Fourmi Rouge's decor and menu. Customers can enjoy a pot of Moroccan mint tea, quiche, croque-monsieur, and a variety of local beers. Open 10.30 a.m. to 1 a.m. Closed Mon and Tues till 5.00 p.m.

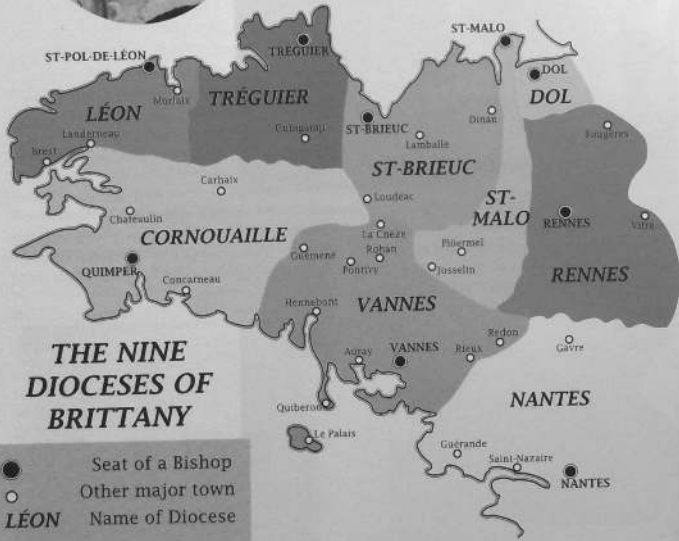




# Anne of Brittany

1477-1514

Anne of Brittany, known as the 'little France in Clogs' is regarded as being the last ruler of Brittany as an independent state. She married two successive French kings - Charles VIII and Louis XII - and as the Duchess Queen played a leading role in European politics. In Brittany, she is remembered with affection as being one of the few rulers of her time who had the interests of ordinary people at heart.



# Brittany in the Middle Ages

In the fourteenth century the most stable institution in Brittany was still its church. Nominally under the control of the archbishop of Tours, the Breton church was largely independent, with its own culture and traditions dating back a thousand years to the time of the Breton saints.

The country was divided into the seven diocese which owed their origins to the founding saints - Leon (St. Pol), Cornouaille (St. Corentin), Treguier (St. Tugdual), St. Brieuc or Penthievre (St. Brieuc), Dol (St. Samson), St. Malo (St. Malo), Vannes (St. Patern) - plus the diocese of Rennes and Nantes, which were added to Brittany by its first king, Nominoë. Europe was still living under a feudal system of government, and in Brittany, power, at least in theory, lay with the Duke, supported by the principal nobles. The Duke in turn owed allegiance to the King of France and the King of France swore allegiance to the Pope.

By the time that Anne was born this system of government was breaking down: the power of the church was in decline, and the barons were openly competing with each other for wealth and status, making it difficult for the Duke to maintain the rule of law. A similar process was happening all over Europe, and it was being resolved by monarchs breaking free from Church control and establishing sovereign states, over which they were the supreme rulers.

Prior to this, the borders between different European countries had been fairly vague. In fact, the state of Brittany had been one of the more well-defined areas of the continent, having borders that had remained intact for seven hundred years. For the previous centuries, however, Brittany had only managed to maintain its independence through complex diplomacy that involved playing France and England off against each other. The biggest threat to peace usually came from France, because of the shared border, and for this reason, Brittany

tended to side with England in the disputes between the two countries. However, there were also vivid memories of occasions during the Hundred Years War (between France and England) when English soldiers had been invited over as allies and had ended up acting as conquerors: the main object of state policy was, therefore, to keep both powers at bay.

## The Importance of Brittany

The subsequent history of Europe has served to obscure the importance of Brittany in the Middle Ages: in terms of its size and wealth it was at least as important as areas that have developed into independent countries, such as the Netherlands, Belgium, Portugal, or Denmark, and in terms of its strategic importance it was second to none.

Brittany was the hub of a trading network that linked the countries of southern Europe with those in the North. It is estimated that by the end of the fifteenth century the Breton merchant fleet consisted of 2000 ships, having a total capacity of 20,000 tons. They supplied Britain, the Netherlands, and the Baltic states with wines from Bordeaux, sugar from Madeira, fruit from Portugal, and iron from the Basque country; in addition, home-produced products such as salt from Guérande, linen from the Quintin/Loudéac area, canvas for ships' sails, and ropes made from hemp were sold extensively across northern Europe. The area around St. Brieuc also produced a large surplus of wheat that was exported south to Spain and Portugal.

At this point in history, trade was beginning to challenge agriculture in economic importance. This meant that power was shifting from the countryside to the towns and from the old aristocracy to the new bourgeoisie. Brittany was one of the most significant trading nations on the continent and therefore an object of interest to its most powerful rulers. To a certain extent, it was Anne of Brittany's misfortune to have been born as the heir to the duchy of Brittany at this critical time.



## Anne's Life

Anne was the eldest daughter of François II, Duke of Brittany. She had one younger sister, Isabeau; their mother died when Anne was only eight years old.

Her father had more or less given up hope of having a legitimate male heir by the time that Anne was born, and she was therefore brought up as the heir apparent (under the famous Salic Law that applied in France, women could not inherit their father's titles, but under the Celtic law that applied in Brittany, Anne could become 'Duchess of Brittany'). As a baby, she was nursed by a woman from the west of Brittany, from whom she learnt Breton, and it was possibly from this early experience that she acquired her understanding of, and affection for, the ordinary people of the Duchy. Her education was similar to that received by princes of the age: she studied French, Latin, Greek, Hebrew, natural science and mathematics, in addition to the 'womanly' arts of music, dancing, poetry, and embroidery. Above everything else, she learnt the art of statecraft, being instructed in all the laws, treaties and alliances appertaining to the state of Brittany. From the age of eight or nine years old, she appears to have been the principal confidante of her father as he struggled to hold back the tide of events that threatened to overwhelm him.

In reality, François was trying to maintain control over a state that was falling apart - largely due to internal divisions and the fact that many of the nobles were openly in league with the French court, whose principal object of foreign policy at that time was to annex Brittany to France.

François's army lost a decisive battle at St. Aubin du Cormier in July 1488, and he died a few months later.

For many years his plan had been for Anne to marry the eldest son of Edward IV, king of England and Wales. If this marriage had taken place then, for a while at least, Brittany would have been united with England rather than with France, but all hope of such an alliance

perished with the young prince, who was one of the brothers murdered in the tower of London (an act which is commonly believed to have been carried out under the instructions of their uncle, Richard of York). After this, Anne had been variously engaged to another twelve different noblemen and heads of state as her father had struggled to protect both her future, and that of the Duchy, but in the end he died with nothing having been resolved.

It is now known that the people whom he appointed to advise and to act as regents for his daughter were themselves in receipt of bribes from the French court, and, to make matters worse, each of the principal nobles of Brittany refused in turn to aid Anne, unless she first agreed to marry them or a member of their family.

Anne appears to have been aware of all the dangers that beset her, and, even though only eleven years old, she took charge of her own affairs from the start. She succeeded in making a tour of Brittany even though many areas were in a state of civil war, and it is from this expedition that her reputation for kindness and taking an interest in the affairs of ordinary people dates: the name 'Duchess in Clogs' relates to an incident (which may or may not have happened) when she accepted a pair of clogs offered to her by a man in Rennes so that she could cross a muddy street without soiling her shoes.

She managed to keep the opposing forces at bay for two years as she tried to decide what course of action would be in the best interests of her country. She eventually settled for a marriage with the Emperor of Austria, Maximilien, which was to have been supported by a military alliance between Brittany, England and Austria (which at that time controlled the Netherlands), and was designed to thwart the ambitions of the French court.

The marriage took place by proxy (in a bizarre ceremony, the Austrian ambassador put his naked leg into Anne's bed in the full view of her advisors and courtiers to symbolise a consum-

mation of the marriage), and when news of it came to the ears of Anne de Beaujeu, regent to the French king, Charles VIII, retribution was swift. Such a marriage was in clear contravention of previous treaties between Brittany and France, and the French army moved in to Brittany and laid siege to Rennes, where Anne was holding her court.

The hoped for aid from abroad did not arrive in sufficient strength, and the nobles of Brittany failed to come to her aid. It was not long before Anne was forced to surrender. She agreed to have her marriage with Maximilien annulled and to marry Charles VIII of France instead. She was then fourteen years old. Charles and Anne had four children, but none of them survived and Charles himself died seven years after they were married, after banging his head on a door post.

Under the terms of her wedding contract, Anne had agreed to marry the heir to the French throne if Charles died before her, and if they had had no male children. She was thus pledged to marry Louis Duke of Orléans - Louis XII of France. It is possible that she was not unduly opposed to this marriage; Louis was cousin to her father and for a while had lived at the Breton court in Nantes. In addition, he had proved himself to be sympathetic to the Breton cause, even to the extent of fighting amongst the Breton infantry at the battle of St. Aubin du Cormier, an act for which he had been kept in prison for many years afterwards by Anne de Beaujeu.

Under the terms of the marriage between Anne and Louis, the union of France and Brittany was to have been only temporary. Anne's first male child was to have become King of France, and a second son would have become Duke of Brittany. However, Anne and Louis did not have any sons, but two daughters, Claude and Renée.

Under French law Claude could not inherit her father's title and the French crown was therefore due to pass to Louis's nearest male relative, François de Angoulême. Claude



*Louis the eleventh, Charles VIII's father, is the French king who is regarded to have done the most to undermine the state of Brittany. Up until his time there were still the remnants of a code of honour amongst the leaders of Europe, which meant that they respected each other's rights and privileges.*

*Louis even had a plan to make himself Duke of Brittany. He went to the extent of purchasing rights of succession to the Duchy from a branch of the Breton nobility (rights which would never have stood up in a court of law but which had sufficient validity to make life difficult for Anne when her father died).*

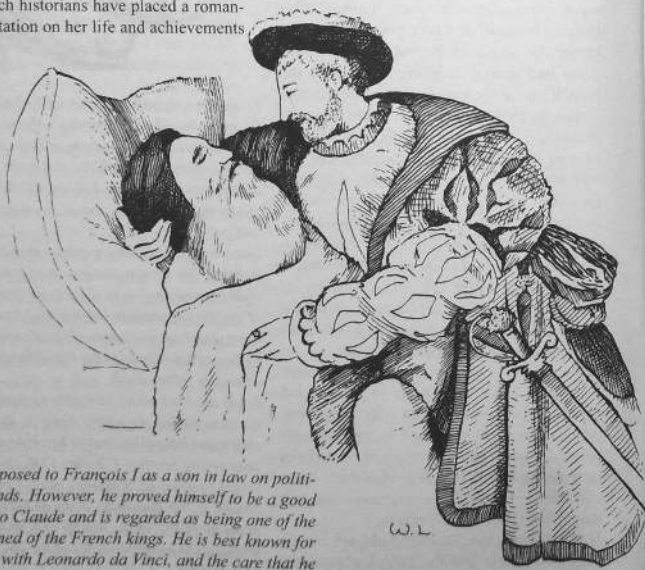
*Louis died before he was able to carry through his plan but his daughter, Anne de Beaujeu, continued his policy and in her role as regent of your young brother, Charles VIII, she paid large bribes to Anne of Brittany's tutor, Françoise de Dinan, to her guardian, Jean de Rieux, and to many members of the family of Rohan, who were perhaps the most powerful of the Breton nobles at that time.*

would, however, become Duchess of Brittany and it was Anne's wish that she should marry the Duke of Luxembourg, so that Brittany would once again become independent of France - a move that was clearly opposed to the interests of everyone else at the French court.

Anne fell ill after a failed pregnancy and died two years later at the age of thirty-seven. After her death, Claude was married to François and, like her mother, became Queen of France. However, she lacked Anne's interest in state affairs and was happy for her husband to administer Brittany as part of his larger domains which now stretched as far as northern Italy. Different people have chosen to look at the life of Anne of Brittany in different ways: many French historians have placed a romantic interpretation on her life and achievements

- two countries united through the union of two hearts etc.; some Breton historians, on the other hand, have portrayed her as the helpless victim of French aggression, and others have even suggested that she sold her heritage for a life of luxury.

Students of human nature see in Anne a rare example of a person of integrity born into a time and place where morals had fallen into decline; a young person who, though virtually destitute of any help or support from her elders, still strove to remain true to what she believed to be right; and someone whose virtues and merits are still remembered with affection by the people of Brittany today, even though she herself may have felt that she failed to accomplish the task that she set out to achieve.



Anne was opposed to François I as a son in law on political grounds. However, he proved himself to be a good husband to Claude and is regarded as being one of the most enlightened of the French kings. He is best known for his friendship with Leonardo da Vinci, and the care that he gave the old man during his final days.

## Life for Ordinary People in Brittany

In recent years historians have made some effort to understand the lives of ordinary people who lived in the past rather than simply concentrating upon war, politics, and the deeds of the rich and famous. However, in the case of Brittany at least, very little is actually known for certain about the lives of people that lived before the beginning of the twentieth century. There are many people in Brittany today who are over a hundred years old, and it is almost certainly true that one could learn more about Brittany's real history by talking to them, than from reading all the available printed material on the subject.

In the fourteen hundreds at least eighty percent of the population lived in the countryside and supported themselves by farming the land. Records suggest that even though Brittany was still essentially a feudal state, Breton people at that time were not serfs. In fact, in many ways, the laws that they were living under were more conducive to personal freedom than those that we have today. They appear to have been derived from old Celtic traditions: people did not have the right to own land, but were assigned an area to farm by the local lord; if they wanted to terminate the agreement they had the right to be compensated for any improvements that they had made, or buildings that they had constructed. In exchange for the right to farm, people paid something to the church, something to the local lord, and something to the Duke.

It is ingrained in modern mythology that such a life was difficult and squalid, and that common people lived a life constantly under threat from famine and starvation. This idea can only have been formulated by people who have never had the pleasure of farming a few acres of the Breton countryside: a large garden, an orchard, a field of cereals, a few animals, as much free wood as you could wish for, the presence of friends and relatives to help one through hard times,

no mortgage, no traffic, no electric bills, no phone bills, no need to go out to work, no need for planning permission - for many people this is a definition of paradise rather than penury, and yet such appears to have been the lot of the majority of the population at that time.

The major problem with this system was that, to function properly, it required the presence of an upper class dedicated to dividing land out fairly, resolving disputes, and ensuring peaceful relations with neighbouring towns and villages. Predictably, by the time of Anne of Brittany this upper class had become self-serving and obsessed with power and politics. Consequently, many parts of Brittany had been subject to almost a hundred years of intermittent warfare, which must have transformed what should have been an idyllic lifestyle into one of uncertainty and distress.

Anne's marriages to Charles and Louis, brought these disputes to an end and allowed people to resume normal life, and therefore, no matter what has transpired subsequently they were almost certainly welcomed by the vast majority of the people at the time.



20 What's On

## What's On

### Saturday July 2<sup>nd</sup>

Guingamp. Festival of Breton Children. Traditional costumes and dancing. More information: Tourist office: 02 96 43 73 89

### Sunday July 3<sup>rd</sup>

Guingamp. Festival of Breton Children. Traditional costumes and dancing. More information: Tourist office: 02 96 43 73 89

### Sunday July 3<sup>rd</sup>

Book and Boot Sale. Carolann's, Carnoet (22). (On left as you enter village.) Well marked 10 a.m. - 3 p.m. Free tables. Hot food. Friendly atmosphere. 02 96 21 54 62

### Saturday July 2<sup>nd</sup> & Sunday July 3<sup>rd</sup>

Music and Dance festival at St Hernin (near Carhaix, 29). 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

### Sunday July 10<sup>th</sup>

Le Potau, Corlay. Used book sale/flea market, 10 a.m. - 1 p.m. Pig roast 1 p.m. (please book). Jazz band 3 p.m. Details/info: Ray/Yvonne 02 96 45 79 11

### Fridays in July and August

Mellionec. Friday markets. Every Friday throughout July and August. From 4 p.m. onwards, on rue de l'église, Mellionec. Stalls of local, small, food producers, craftspeople and artists etc. Food, barbecue and wine bar. All invited. For more information or to reserve a stall, phone Ewan on 02 96 24 25 81. English spoken.

### Sunday 10<sup>th</sup> July

Gouarec. 1900 Fête organized by "Les Historiques" Association every two years. Over 3000 people attended last year. The whole town is devoted showing how things were in 1900. If you come costumed, entry is free! If you wish to help out/or want more details, call Liz (AIKB) 02 96 24 87 90

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**Saturday 23rd July**  
All day workshop inc. lunch - 35 euros  
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What's On 21

### Tuesday 12<sup>th</sup> - Monday 18<sup>th</sup> July

22<sup>nd</sup> International festival of the Celtic Harp. Dinan. Courses, concerts and European instrument makers' exhibition, plus shop. 02 96 87 36 69 www.harpe-celtique.com

### Saturday 16th July - Sunday 24th July

42<sup>nd</sup> Cornouaille festival, Quimper. 250,000 visitors each year. Traditional Breton singing, dancing, music and workshops. Plus Breton dance championships. See website for programme of events & more information. www.festival-cornouaille.com Tel.: 02 96 56 36 60

### Friday 22<sup>nd</sup> July - Sunday 24<sup>th</sup> July

Vieilles Charrues, Carhaix (29) - one of Europe's largest popular festivals, this year welcomes Deep Purple (Fri. 22nd) Plus many other singers, groups and attractions, traditional and modern. 66 euros/ 3 days; 26 euros/day. Under 8s free. See website www.vieillescharrues.asso.fr for ticket info. plus diary of events.

### Saturday July 23<sup>rd</sup> - Acoustic Guitar

Workshop. St Mayeux (near Corlay). Melodies, backup, DAGGAD & regular tunings. 9 a.m. - 6 p.m. 35 euros inc. lunch. Call 02 96 24 06 91 for more information.

### Saturday 23rd July

Cochon Grillé! 12 to 12.30pm. AIKB Members and friends. A sumptuous banquet at the hunting lodge, Lan Uvelan, Laniscat. Plus walks on the 200 hectares of protected private moorland. 15€ per person, wine extra. 02 96 24 06 91 for more information

### Sunday July 24<sup>th</sup>

Christ Church Brittany. Songs of Praise 3 p.m. at Bonen church (nr Rostrenen). Followed by refreshments. To choose a hymn, please call: Robin or Laura Hillman on 02 97 51 74 26

### Saturday July 30<sup>th</sup> & Sunday July 31<sup>st</sup>

Medieval town, Hennebont (near Lorient) relives life in the Middle Ages - procession, craft market, medieval songs, battles, jugglers, strolling players and after dusk show on the ramparts. More info: Hennebont Tourist office 02 97 36 24 52

### Fit Kids Fun Dancing Classes

at **St Nicolas du Pelem**  
Weekly during July, from July 2<sup>nd</sup>  
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### Sundays in July

Every Sunday afternoon from 2 p.m. to 6 p.m. Château de Kerminouët, 29110 Tregunc. Teas, drinks, refreshments and selected pastries. Enjoy the gardens followed by afternoon tea. More info: 02 98 50 19 68 kerminouet@wanadoo.fr ; www.chateaubretagne.info

### Sunday 7<sup>th</sup> August.

3 p.m. - midnight. Jazz & Blues festival. New Orleans comes to Châteauneuf du Faou. In 4 locations around the town. 8 bands incl. Pikey Butler's Jumping Five; Good Time Jazz; Alfonso Jazz; Canal St. Stompers. 10€/5€.



## Five Years in Brittany: Pierre & Paulette - Moulin Blanc

Pierre grew up in the South West of France where his father was working, but his mother is from Brittany. He started work as a printer but very soon realised that he could not stay enclosed between four walls and "took to the road" with an English musician, to organise a summer "tour". After France, they ended up in Italy, then Sardinia where they met a Norwegian actor with a great idea: to convert an old fishing boat (45ft cutter) back into its original state - a two mast sailing boat. The adventure lasted four years; they sailed from Norway to Italy and back to Norway for chartering. Pierre then returned home for a while, working as a barman, but life was too quiet. He succeeded in getting a job with an oil service company. He worked for twenty years in Norway, the Algerian desert and in the tropical forests of Gabon, and then on a boat sailing round the West African coast. He eventually thought about settling down...but he still needed space and air. Why not run a campsite? He took a management course and training on a campsite in Biscarrosse, where he met Paulette.

Paulette had grown up in the kitchens of her mother's restaurant in Brittany. She naturally

continued the family tradition and created several restaurants. For a break, and to be nearer her daughter and grandchildren living near Biscarrosse, she took the job of restaurant manager of the campsite where she met...Pierre.

Pierre and Paulette, camping, restaurant, Brittany: the result is obvious. Paulette could not stay away long from her region; Pierre had always loved this place where he spent many holidays sailing or visiting his 'Breton' friends that he met abroad.

In 2001 they found a place that needed developing, in Plougonver: restaurant, fishing and camping! In the house walls were removed to create a large room where a bar was installed. It has become a kind of family pub where they welcome you for meals, fish and chips on Friday evenings, and special theme evenings once a month. In the summer there is a marquee on the terrace where you can enjoy the garden and the restful murmur of the stream. The campsite is open all year.

Pierre and Paulette are also very willing to help newcomers solve the small problems that one always encounters when moving to a new country.

Article by Pierre Galliot

Moulin Blanc, Plougonver. Tel: 02 96 21 60 81

Opening hours: lunchtime & evening every day except Mon. lunchtime

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

## Business Directory

Directory of businesses featured in this issue of the Journal. Entries include the page number of the advert.

### Administration

**Setti Ltd.**, Saint Agathon, 02 96 44 03 62 **p.12**  
**C.O.B. Formation**, Carhaix, 02 96 29 26 44 **p.12**

**Alcoholics Anonymous** Josselin, 02 97 73 94 99 **p.37**

### Animals/Animal Welfare

**Cuts fur Mutts**, 02 98 99 53 18 / 06 33 51 18 13 **p.38**

**Field Shelters**, 02 98 99 53 18 / 06 33 78 13 31 **p.38**

**Grass livery**, nr Huelgoat, 02 98 99 83 63 **p.38**

**Joncour Kennels**, Callac, 02 96 45 59 22 / 06 78 01 87 95 **p.38**

**La Saude Cattery**, Saint Gouéno, 02 96 34 47 26 **p.38**

**Penanhaie Kennels**, Kergloff, 02 98 93 43 05 **p.38**

**Petalolics**, 02 96 36 65 61 **p.38**

**The Pet Hotel**, Callac, 02 96 45 93 13 **p.38**

### Antiques/ Second hand

**Deuxième Début**, Rostrenen, 02 96 29 16 19 **p.9**

**Le Chineur**, St Thuriau, 02 97 39 38 93 **p.7**

**Le Kreis Briez**, Mael Carhaix, 02 96 24 70 12 **p.20**

### Bar/Restaurants

**Au Rendezvous des Celtes**, Plusulien, 02 96 24 04 26 **p.45**

**Celtic Bar**, Cléden Poher, 02 98 93 42 81 **p.45**

**Crêperie - Art Gallery**, Séglien, 02 97 28 02 38 **p.21**

**La Petite Cave**, Bourbriac, 02 96 43 42 85

**Le Moulin Blanc, Plougonver**, 02 96 21 60 81 **p.2**

### Beauty & Fitness

**Avon products**, Penny, 02 96 45 06 88 **p.37**

**Avon products**, Michele, 02 97 27 53 93 **p.37**

**Dance Classes**, St Nicolas du Pélem, 02 96 29 16 28 **p.21**

### Bed & Breakfast

**Brittany Breaks**, Pont Melvez, 02 96 13 42 20 **p.37**

**La Grande Maison**, Le Moustoir, 02 98 93 08 37 **p.20**

**La Maison Blanche**, Séglien, 02 97 28 00 38/06 66 49 30 13 **p.37**

**Maison Daisy**, Rostrenen area, 02 96 36 06 97 **p.37**

**O'Briens**, Huelgoat, 02 98 99 82 73 **p.2**

**Ty Aven**, Riverside House, Gouarec, 02 96 24 96 31 **p.44**

**Ty Gwennil**, Kerien, 02 96 45 73 46 **p.20**

**Webb's of Glomel**, Glomel, 02 96 29 88 44 **p.2**

### Bicycles

**Technic Bike**, Carhaix, 02 98 93 07 50 **p.21**

### Books

**English Bookshop**, 4 rue des Vierges, Josselin **p.39**

**La Louve** (Maison de la Presse), Callac, 02 96 45 50 40 **p.10**

**Le Chat Qui Lit**, Kergrist Moëlou, 02 96 36 59 00 **p.10**

**Librairie du Château**, Pontivy, 02 97 27 86 78 **p.10**

**The Book Depot**, Callac, 02 96 45 09 45 **p.10**

### Building

**Blue Point Construction**, Collorec, 02 98 23 92 08 **p.25**

**Collec Renovations**, 02 98 67 77 62 & 06 81 87 71 91 **p.39**

**David King, Entreprise Générale de Batiment**, Plouha, 02 96 20 38 11 **back page**

**Hommes au Travail**, Ste Tréphine, 02 96 29 72 89 **p.42**

**Hemmett's Maçonnerie**, Callac, 02 96 45 93 87 **p.39**

**Renov'action**, Plouyé, 02 98 99 92 63 **p.41**

**RM Renovations**, 02 98 8189 57 **p.47**

**Tom Parkin**, 02 98 93 58 07 **p.46**

### Building Supplies

**Point P**, Carhaix, 02 98 93 01 17 :

Rostrenen, 02 96 29 00 04 **p.3**

**Ouest Récupération**, Le Faou, 02 98 81 95 20 **p.40**

### Central Heating

**Sean Hendicott**, 02 98 93 55 89 **p.40**

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24 Directory of Advertisers

**Computers**  
**Amouest Computers**, Ros-trenen, 02 96 29 14 00 p.31 & 46  
**Link Multimedia**, Carhaix, 02 98 99 26 40 p.44  
**M<sup>+</sup> Computers**, Montcontour, 02 96 73 46 31 p.31

**Diggers/Septic Tanks**  
**Bouget SARL**, 02 96 21 63 42 p.24  
**David King Entreprise Générale de Batiment**, Plouha, 02 96 20 38 11 back page  
**Diggery**, Calanhel, 02 96 45 06 88 / 06 17 85 55 02 p.42  
**Hemmett's Maçonnerie**, Callac, 02 96 45 93 87 p.39  
**La Cassière Travaux Publics**, 02 96 26 22 56 / 06 11 18 22 19 p.39  
**Peter Gravener**, Plusquellec, 02 96 45 04 43 p.46  
**Profosse**, 02 96 24 91 98 p.46  
**Sean Hendicott**, 02 98 93 55 89 p.42

**Draughtsman**  
 Michael McCoy, 02 96 43 44 23 p.24

**Electrical Goods**  
**Gitem**, Callac, 02 96 45 52 82 p.7

**Electricians**  
**Collec Renovations**, 02 98 67 77 62 & 06 81 87 71 91 p.39  
**Plus Qu'Elec Electricity**, Plusquellec, 02 96 21 53 60 p.43

**Willow Electrics**, Glomel, 02 96 29 69 12 p.41  
**Yeun Electricité**, 02 98 85 63 18 p.40

**English Lessons**  
**Guernsey lessons and holiday**, 0044 1481264663 p.11

**Estate Agents**  
**AIPG**, Gouarec, 02 96 24 87 47 p.43  
**Alioth Properties**, 02 96 24 61 72 p.43  
**La Forêt**, Carhaix, 02 98 93 31 31 back page  
**L'Immobilier des Tourelles**, St Nicolas du Pélem, 02 96 29 78 41 p.43

**Fencing**  
**JLG Fencing**, Loqueffret, 02 98 99 83 63/06 66 76 82 33 p.34

**Field Shelters**  
**Field Shelters**, St Hérmin, 02 98 99 53 18 p.38

**Foods**  
**Afrikaraz**, Carhaix, p.20  
**Bio-Coop**, Carhaix, 02 98 99 44 96 p.47  
**Chez Winnie**, Caurel, 02 96 26 34 93 p.45  
**Equilibre**, Carhaix, 02 98 93 74 09 p.9  
**Everything English**, Ploermel, 02 97 93 56 03 p.41  
**La Crème Anglaise**, Séglien, 02 97 28 02 03 p.9  
**Les Epices**, Cléguérec, 02 97 38 15 49 / 02 97 38 10 03 p.8

**MacCormicks**, Glomel, 02 96 29 88 05 p.7  
**Saveurs**, Carhaix, 02 98 93 23 97 p.8

**French lessons, Translation & Administration**  
**Face to Face**, 02 97 39 65 29 / 06 75 71 14 84 p.11  
**French conversation classes**, 02 96 36 68 53 p.39  
**Help Direct**, 06 70 72 71 58 p.11  
**Peter Mickelborough**, Kergrist Moelou, 02 96 36 59 00 p.39  
**Premiers Pas**, 02 96 36 67 74 p.11

**Furniture**  
**Meubles Le Gac**, Locmaria Bernien/Huelgoat, 06 61 95 61 82 / 06 08 17 13 57 p.44

**Garages**  
**Dominique Autos 56**, Pontivy, 02 97 25 72 66 p.45

**Garden Centres/ Nurseries**  
**Gamm Vert**, Carhaix, 02 98 93 30 12 p.33  
**Jardinerie Hollandaise**, Ste Brigitte, 02 97 27 62 19 p.35  
**Pépinières de Coat Liou**, Bourbriac, 02 96 43 44 81 p.34

**Gardeners**  
**Kilted Gardener Bulat Pesti-vien**, 02 96 45 74 35 p.33

Directory of Advertisers 25

**Le Jardinier Anglais**, Corlay, 02 96 29 91 42 p.37  
**Maintenance & Small Projects**, Pont Melvez, 02 96 13 42 20 p.37  
**T & K Gardening Services**, Duault, 02 96 21 50 06 p.37  
**The Man Who Can**, Huelgoat, 02 98 99 72 16/06 83 13 39 70 p.37

**Graphic Design**  
**Boemus Klos**, 02 96 43 69 55 / 06 98 26 71 50 p.41

**Guitar workshop**  
**Dick Banovich**, St Mayeux, 02 96 24 06 91 p.20

**Hairdressing**  
**Peumerit Quintin**, 02 96 36 53 35/06 07 16 20 60 p.46

**Health foods/Wholefoods**  
**Bio-Coop**, Carhaix, 02 98 99 44 96 p.47  
**Equilibre**, Carhaix, 02 98 93 74 09 p.9

**Horse Riding**  
**Centre Equestres**, Kermabilou, Huelgoat, 02 98 99 78 46 p.20

**Insurance**  
**AGF**, Carhaix, 02 98 93 20 48 p.47  
**AGF**, Guémené sur Scorff, 02 97 39 30 15 p.7  
**Hamon Assurances**, Callac, 02 96 45 51 15 p.3

**Internet Cafés**  
**Chez Winnie**, Caurel, 02 96 26 34 93 p.45

**La Girelle**, Guémené sur Scorff, 02 97 51 27 41 p.9

**Kitchens**  
**Country Kitchens**, Plonevez-du-Faou, 02 98 86 80 22 p.7  
**Kitchen fitting**, Châteauneuf du Faou, 02 98 73 41 66 p.42  
**Meubles Le Gac**, Locmaria Bernien/Huelgoat, 06 61 95 61 82 / 06 08 17 13 57 p.44  
**Moerland Kitchens & Tiles**, Tiverton & Taunton, 0044 (0)1884 252250 p.9

**Library**  
**The Book Depot**, Callac, 02 96 45 09 45 p.10

**Office supplies & Services**  
**Buro Plus**, Carhaix, 02 98 93 04 10 p.30  
**La Louve** (Maison de la Presse), Callac, 02 96 45 50 40 p.10  
**Majuscule**, Loudéac, 02 96 28 01 01 p.10

**Optician**  
**Optique Bouvet** Rostrenen, 02 96 29 02 50 ; Gourin 02 97 23 42 03 ; Le Faouët 02 97 23 01 90 p.9

**Painting & decorating**  
**Collec Renovations**, 02 98 67 77 62 & 06 81 87 71 91 p.39  
**Duart Services**, 02 98 72 95 37 p.38  
**Keeley**, Plouha, 02 96 22 58 24 p.23  
**Revival Property Maintenance** Duault, 02 96 21 50 31 p.42

**Pick your Own**  
**La Grande Maison**, Le Moustoir, 02 98 93 08 37 p.34  
**Le Coty Farm**, Huelgoat, 02 98 99 77 66 p.39

**Planning**  
**Architectural Services**, 02 97 27 88 47 p.44  
**French Property Solutions**, Cléguérec, 02 97 38 10 73 p.46  
**Michael McCoy**, Bourbriac 02 96 43 44 23 p.24

**Plumbing**  
**Oil Central Heating Specialist**, 02 98 93 55 89 p.40  
**TLC Services**, 02 96 36 56 19 p.41

**Pottery**  
**Maison Bleue Ceramic Showroom**, Cléguérec, 02 97 38 14 36 p.8  
**Teri Penswick**, Plougonver, 02 96 21 65 28 p.8

**Property Services**  
**Chat Gris**, Guémené sur Scorff, 02 97 39 48 84 p.42  
**DIY and Gardening in 22**, 02 96 13 42 20 p.40  
**Duart Services**, 02 98 72 95 37 p.38  
**Elaine**, Châteauneuf du Faou, 02 98 73 41 66 p.42  
**Granite Property Services**, Bernien, 02 98 99 79 44 p.43  
**In & Out Property Care** Finistère, 02 98 73 91 26 p.43  
**J. Checkley**, 02 98 73 41 66 p.42

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26 Directory of Advertisers

Maisons Bretonnes, 02 96 43 61 01/06 88 41 63 61 p.43  
Molly Maids, 02 98 81 89 57 p.45

Neil & Susie, 02 98 99 53 18/06 33 78 13 31 p.38

Ouicare, 02 96 36 68 53 p.40  
Peter Stone, 02 96 43 61 01 /06 88 75 26 88 p.44

Revival Property Maintenance Duault, 02 96 21 50 31 p.42

Steve Betteridge, 02 97 39 48 84 p.40

ZWS, South Finistère & West Morbihan, 02 98 39 55 78 p.40

Restaurants

Au Rendezvous des Celtes, Plussulien, 02 96 24 04 26 p.45

Crêperie & Art Galerie, Séglien, 02 97 28 02 38 p.21

Le Moulin Blanc, Plougonver, 02 96 21 60 81 p.2

Roofing

Longmuir Roofing Contractors, Langoëlan, 02 97 39 36 80/06 89 28 24 64 p.40

Satellite television

Trevor Dallas, Louargat, 02 96 43 16 04 p.46

Schools

Lycée de Pontivy, 02 97 25 80 08 p.45

Septic Tanks, emptying Le Vidangeur Breton, Carhaix, 02 98 99 55 27 p.37  
Profosse, 02 96 24 91 98 p.46

Tea shops

La Crème Anglaise, Séglien, 02 97 28 02 03 p.9

La Girelle, Guémené sur Scorff, 02 97 51 27 41 p.9

Savidan Lozac'h, Callac, 02 96 45 51 30 p.8

Telephone services

France Telecom, phone cards p.47

Primus via Eurofone, 02 96 43 33 51 p.46

Tractor work

The Man who Can/ Ray Herington, Huelgoat, 02 98 99 72 16 /06 83 13 39 70 p.37

Translation & Administrative Services

Armor Trad, 02 96 47 26 55 p.39

Brittany Easy, 06 71 13 30 01 p.47

Tree surgeons

Les Bocages, 22,29,56, 02 97 39 99 82 p.34

Peter Smith, Plougonver 02 96 13 40 05 p.34

Vehicle servicing

Jason, 02 96 26 34 93 p.41

Windows

Concep't Fenetres, Le Faouet 02 97 23 22 01 p.40

Eco-Confort, Carhaix Plouguier, 02 98 93 14 46 p.39

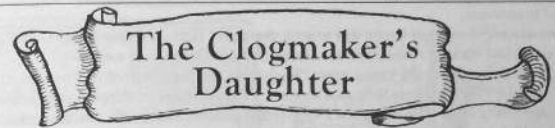
Wine

Chateau Daviaud Gouarec 02 96 24 82 98 p.47

Wood Treatment

Collec Renovations, 02 98 67 77 62 /06 81 87 71 91 p.39

The Clogmaker's Daughter 27



Once upon a time there was a poor clogmaker. He lived in the middle of a forest, and had nothing in the world but his auger for hollowing out wood, and his little hut. He had a great many children, and every year another child was born. On the birth of his thirteenth child he set off into the village to try to find someone to be its godfather. Before long he met the Lord of the forest, who was out walking.

"Good day, my friend the clogmaker!"  
"Good day, your honour."  
"Are you setting off to find your fortune?"  
"Alas, I have not met with my fortune for many a long day. All I get is children. My thirteenth was born last night."

"Your thirteenth! What a lucky number. I would like to be the godfather. Is it a boy or a girl?"  
"A girl, your honour, as fair as an angel, with skin like the lily and cheeks like the rose."  
"Indeed? I would like to be not only her godfather but also her foster father. You and your wife will be allowed to see her whenever they wish."

So it was that the clogmaker's thirteenth child went to live in the castle of the Lord of the forest. There was a splendid christening and the little girl was given the name of Simone. The Lord already had three sons, called Hervé, Iann and Stévan. They were still young but growing as fast as oak saplings in a ditch in Brittany. They welcomed the clogmaker's child and she soon became their beloved sister. The Lord did not tell them that the little girl was not his real daughter, and the four children grew up in the greatest happiness. Every day they went out driving or riding in the woods, hills and valleys, and every day the carriage had to be cleaned and the horses harnessed. At last the coachman lost his temper and said that he was tired of working for a clogmaker's daughter.

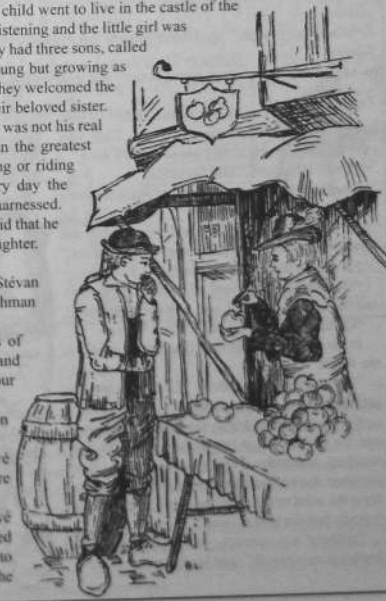
"What do you mean?" said the children.  
"Ask your father," said the coachman. Stévan ran to the Lord and told him what the coachman had said.

"It is true," said the Lord. "Simone is of humble birth, but her goodness of heart and sweet temper make her worthy to be your sister."

"If Simone is not really my sister, then she can be my wife," said Stévan.

"Slowly, my son," said the Lord. "Hervé and Iann may feel as you do, and they are older than you."

This proved to be the case. When Hervé and Iann learnt the truth they also wished to make Simone their wife. They began to quarrel with each other and the Lord of the



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Solution Tree quiz (page 10)  
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Beech/Hêtre; Blackthorn/  
Prunellier; Sweet Chestnut/  
Châtaigne; Elm/Orme; Hawthorn/  
Aubépine; Hazel/Noisetier; Lime/  
Tilleul; Oak/Chêne; Pear/Poirier;  
Pine/Sapin; Poplar/Peuplier;  
Walnut/Noix; Willow/Saule; Yew/  
If

28 The Clogmaker's Daughter

forest had to intervene.

"Do not quarrel," he said, "I have a way to settle the matter. Here are a thousand écus each. Go out into the world, and whoever returns with the best present for Simone, may marry her."

"Very well, Father," said the young men. They set out and soon arrived in Paris, the city of a hundred marvels. They each went their own way, and walked through the streets, looking about them with wonder. After a little while Hervé saw a large crowd gathered in front of a carriage-maker's shop. The most splendid carriages were for sale and Hervé went up to the carriage maker to ask which was the most expensive.

"The most expensive carriage," said the man, "is that little one in the corner. It costs a thousand écus."

Hervé looked surprised and the carriage maker said:

"It is no ordinary carriage. It will take a man anywhere in the world in the blink of an eye."

"Indeed? Then I will buy it."

Meanwhile, Iann had entered a jeweller's shop. There were many beautiful rings, necklaces and precious stones for sale and Iann looked at them all. In amongst them was a pair of spectacles made of plain metal.

"You must not judge by appearances," said the jeweller. "These spectacles are worth handfuls of those precious stones."

"Have they a special power?"

"They have indeed. Whoever wears them can see whatever he wishes, even if a wall is in between."

"I will buy them," said Iann. Surely his brothers would not find so wonderful a present for Simone.

Meanwhile Stévan had grown hungry and stopped at a fruit seller's stall. He asked the price of three rosy apples.

"A thousand écus," said the fruit seller. "There are no fruits like those in the world. They will cure anybody, even if they are at death's door."

"I will buy them," said Stévan.

The three brothers met together again, all very pleased with their presents.

"I wonder how Simone and our parents are faring," said Iann. "I will try out my spectacles."

He put on the spectacles and gave a cry.

"Oh brothers, we must go home! Our parents and Simone are very ill, and will soon be dead."

"Quick get in my carriage," said Hervé.

In an instant they arrived back at the castle in the forest.

"Do not fear," said Stévan. "I will save Simone and our parents with my apples."

He gave each of his dying relatives an apple and no sooner did it touch their lips, but they stood up, as healthy as before. After a little while, however, the brothers began to quarrel. Who had done the most to save Simone's life, and who had brought her the best present?

"Without my glasses you would not have known they were ill," said Iann.



Aesop's Fable 29

Aesop's Fables

One day, as Herakles was travelling, he saw something in his path...



What is this? Let me quickly destroy it.



It's getting bigger



And bigger!!



Now it has filled my path!!



Stop brother. I am Athena. This thing is the spirit of conflict and strife. Leave it alone and it stays as it is, but fight it and see how it grows.

"Without my carriage you could not have arrived in time," said Hervé.

"Without my apples, they would all be dead," said Stévan.

Their father decided to settle the matter.

"My sons, do not quarrel," he said. "It seems to me that only one of you has a right to Simone and that is Stévan. Iann still has his spectacles, and Hervé still has his carriage, but Stévan has used his apples, and is as poor as before. To make up for their loss, he deserves the hand of Simone."

The young people praised the wisdom of the old man and soon Stévan married Simone, the clogmaker's daughter. They lived for many years in the castle in the forest, and children and grandchildren sprang up around them like little oak saplings about an oak tree.

*Brittany has its own unique collection of fable stories. They are not well known outside the Breton-speaking community because story-telling has always been an oral tradition in this country: for many of the stories, there are no surviving examples in the original language. The stories featured in the Journal are retold from French versions that were first published around one hundred years ago.*

## F. A. Q. 8



### Q.: "How can I protect my computer from spam?"

A.: For those who think "Spam" is chopped meat in a tin, you're living in the wrong century. This has become a generic term for unsolicited traffic - Junk mail, and it can be a serious problem for computer users. However, all is not lost.

Firstly, one must appreciate that an email address is a valuable thing. Protect it and don't hand it out to everyone who asks. It's often a good idea to have several addresses. That's why Hotmail is so popular. Lycos.com and Netscape.net are good places to get free email addresses too.

Secondly, NEVER respond to unsolicited messages. Yes, I know they say "Click on this link if you don't want to receive these messages", but all that usually does is announce the fact that you are really there and prepared to pay attention. You'll get even more dross.

ISPs are getting wise to the problem and are starting to offer anti-spam filters. This is software that scans incoming messages and blocks out stuff that satisfies certain rules. For instance, if a message has no proper subject line it can be blocked. The drawback with such filters is that they take time to learn the rules and can apply them incorrectly. One of my ISPs provides a filter that merrily blocked important traffic because it didn't like the email address of the sender. It was two days before I realised what was happening. I'll be ready next time.

For those who use POP3 mailboxes - almost everyone except Webmail and AOL users - there is another way. Install a spam filtering program that can check your emails before you download them. The better ones can create "Black Lists" of unwanted email addresses and "White Lists" of addresses that should always allow messages through. They can be made to recognise certain words and phrases - no more unwanted viagra!

Sadly, free versions of this kind of software are not very good. The best product can be downloaded for trial at: <http://www.mailwasher.net/>. However, you will, eventually, be required to pay for it. So much for free lunches but no Spam!



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## Website Workshop

populated with all the information required - and then updated regularly. Therefore the costs are usually much higher.

Next month:  
Image optimisation for your website

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[www.practicalnet.co.uk](http://www.practicalnet.co.uk)

Last month we looked at browsers, this month we shall be looking at static and dynamic websites.

### Q - What is the difference between a static and dynamic website?

A - The difference is the use, or not, of a database. A static site does not use a database and is simply written in HTML (discussed in a previous column). Dynamic sites retrieve the content from a database, thus separating data from design; this means that you can easily add to, or archive, your content without affecting the look and feel of the website.

### Q - Who would benefit most from a static website?

A - A static website is best for companies who merely need a presence on the web or are just starting the process of getting online. It's an extended brochure meant to provide only the most important information to customers.

### Q - ...and a dynamic site?

A - Ideal for companies who use their site extensively to disseminate information to multiple audiences. Normally, these sites will feature a number of database-driven dynamic sections that interact with the user in order to provide a more functional experience. Good examples include real-time stocks and shares information or ticket sales.

### Q - What about the cost difference?

A - Static sites are generally cheaper to produce as they are simply pages made up from HTML that rarely changes. The databases of dynamic sites need to be



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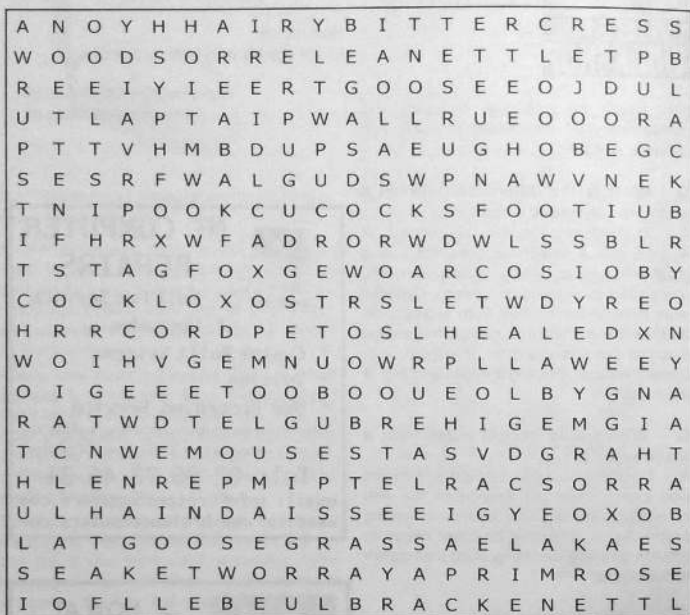
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### Word Search: 42 Breton Plants

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



BLACK BRYONY  
BLUEBELL  
BRACKEN  
BRAMBLE  
BUGLE  
BUTTERCUP  
CLOVER  
COCKSFOOT  
CROSSWORT  
CUCKOO PINT  
DAISY  
DOG ROSE  
FAT HEN  
FOXGLOVE  
FORGETMENOT

GOOSEGRASS  
HAIRY BITTERCRESS  
HOGWEED  
MOUSE-EAR  
NETTLE  
OX-EYE-DAISY  
PRIMROSE  
RAGGED ROBIN  
RED CAMPION  
RIBWORT  
SCARLET PIMPERNEL  
SEA HOLLY  
SEA KALE  
SHEPHERD'S PURSE  
SORREL

SPEEDWELL  
SPURGE  
STITCHWORT  
ST JOHN'S WORT  
THISTLE  
THRIFT  
VETCH  
VIOLET  
WALL RUE  
WOOD SAGE  
WOOD SORREL  
YARROW

### Winter Vegetables

July is usually a time of plenty in the garden - potatoes, tomatoes, courgettes, spinach, peas, blackcurrants, carrots, should all be ready for picking now - and it is easy to forget the times of shortage later in the year. Now is the time to plant many of the vegetable crops that can be harvested during the autumn and winter months.

**Carrots:** It is traditional to make a late sowing of carrots during the first two weeks of July; with luck they will be ready for picking as young carrots in autumn, leaving time for the main crop to get as big as possible.

**French Beans:** French beans sown in July will start producing a crop towards the end of August which will continue till the first frost.

**Lambs' Lettuce (Mâche):** This is a salad crop which is worth its weight in gold in wintertime, when it is ready for picking. First sowings can be made in July. The seeds are notoriously slow to germinate, and the young plants can suffer badly in hot, dry summer weather: sow thickly and water frequently.

#### Brassicas

Brassicas supply the main winter crops. Timing is critical; if you plant too early the plants might flower, if you plant too late, they might not have time to form a vegetable that is worth picking. It may take a few years of experimenting in your particular location before you get it right.

**Savoy cabbages (chou de Milan)** Plant during the first half of the month for cabbages ready for picking in the winter, and towards the end of the month for cabbages that can be picked next spring.

**Turnip:** Turnips are one of the easiest vegetables to grow; they can be planted at any time during the month, and will be ready for picking from October onwards.

**Swedes:** Many people prefer the taste of swede to that of turnip. The plants are slightly harder to grow as they tend to attract more garden pests. They should be weeded

When your raspberries have finished fruiting, you can cut the canes down to the ground, leaving only the young ones which will bear fruit next year.

Tim the Gardener



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34 Gardening

**Herb Teas**

It is a simple matter to collect and use herbs from the garden for herb teas.

At this time of year they can be used fresh, and if you have a surplus it can be dried and saved for use later in the year.

Mint is the herb most commonly used for tea; other herbs that can be used are sage and verbena (verveine) and you can also use wild plants such as nettle leaves. Later in the year you can pick rose hips from hedgerows for rose hip tea.

Herbs can be dried on trays put out in the sun or tied together in bunches and hung from the ceiling for a few days in a warm, well-ventilated room. They are best stored in paper bags - there is a risk that they will go mouldy if stored in an airtight container unless the drying process has been one hundred percent effective.


regularly, watered during dry spells, and thinned so that plants are 6" apart. They also need to be protected from birds by covering them with a piece of wire netting when they are young.

**Radishes:** Winter radishes are a popular crop in Brittany; grated, they make a valuable addition to winter salads, sliced they are a traditional ingredient in Chinese wok dishes. Large, black-skinned varieties are commonly used. They are grown in the same way as swedes.

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**Chicory**  
*A month by month guide to growing chicory for the winter.*  
**Chicory Month by Month: July**  
July is the last possible month for sowing chicory - it can be sown on beds from which early potatoes have been harvested. The aim is to get large, well-formed roots and plants should therefore be thinned, weeded, and watered during dry spells.

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Nature in Brittany 35

**Bracken** *Pteridium aquilinum*  
Breton: Radenn French: Fougère

Of all ferns bracken, or brake, is the most abundant, covering vast areas of coastline, heaths, and moors. Unlike many ferns it does not grow from one clump, but has a great and powerful underground root system which is highly efficient at drawing all the moisture from the earth. The roots are thick, succulent, and soft, black on the outside but white and very juicy within; once bracken has become established in an area, it is very hard to eradicate it on account of these roots, which continue to send up fronds for a long time, even when these have been repeatedly destroyed.

The yearly cycle of bracken is curious, and worthy of interest; in the first months of the year no sign can be seen of it, and many wild flowers such as bluebells, orchids, arum lily and others flourish in the full sunlight; however, as their blooms begin to fade, up come the young bracken fronds, arched over at the top and very tender—a late frost at this stage will kill them, but more will follow. Rapidly over the next few months the delicate bracken fronds will come to resemble young saplings, which exceed the height of an average adult, and their dense coverage provides shelter for numerous birds and animals. Then, around the month of August, and often earlier, they all, in one great body, fall over, brought down sometimes by immense amounts of goose grass or brambles, but most often by wind. The fronds then dry out, covering the ground with a uniform layer of mulch, which is extremely good for the soil and conserves it free of weeds, for next Spring's growth. It is very possible to cut off the fallen ferns at the base and use them in the garden on any bare soil as a mulch; bracken has long been valued for its fronds, as they contain a high level of potash which is good for the soil, and is said to help the development of large fruit and flowers.



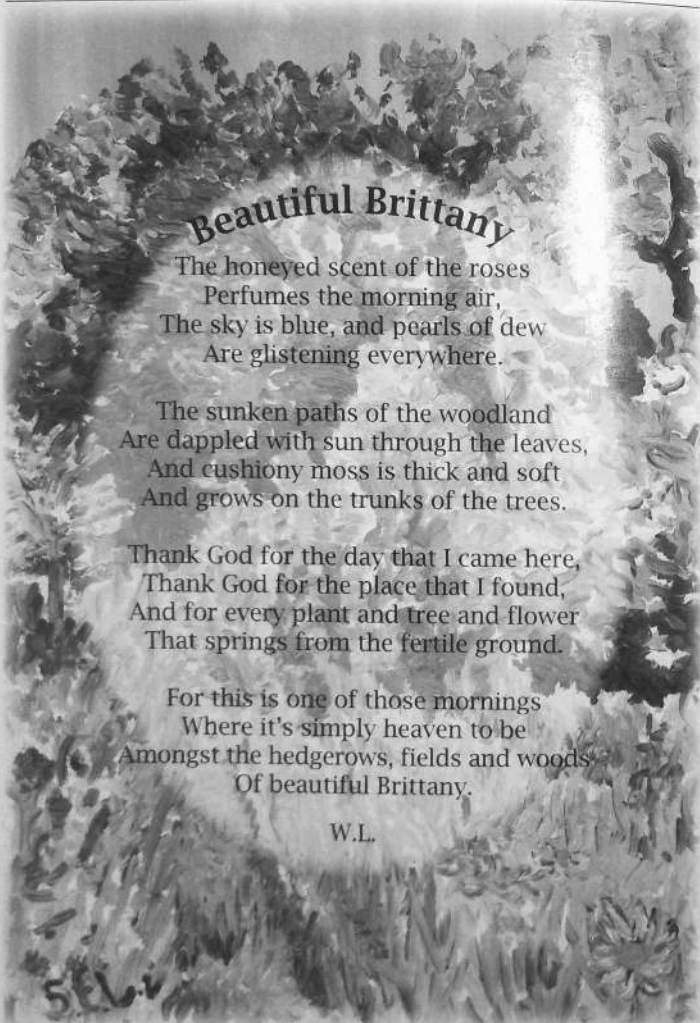
**I spy in July:**  
**Ox-Eye Daisy**

These pretty, large daisy flowers can be seen throughout June and July, growing in abundance in meadows, and also by roadsides.



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## Beautiful Brittany

The honeyed scent of the roses  
Perfumes the morning air,  
The sky is blue, and pearls of dew  
Are glistening everywhere.

The sunken paths of the woodland  
Are dappled with sun through the leaves,  
And cushiony moss is thick and soft  
And grows on the trunks of the trees.

Thank God for the day that I came here,  
Thank God for the place that I found,  
And for every plant and tree and flower  
That springs from the fertile ground.

For this is one of those mornings  
Where it's simply heaven to be  
Amongst the hedgerows, fields and woods  
Of beautiful Brittany.

W.L.

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# Woodpigeon (*Columba palumbus*)

French: Pigeon ramier Breton: Kudon

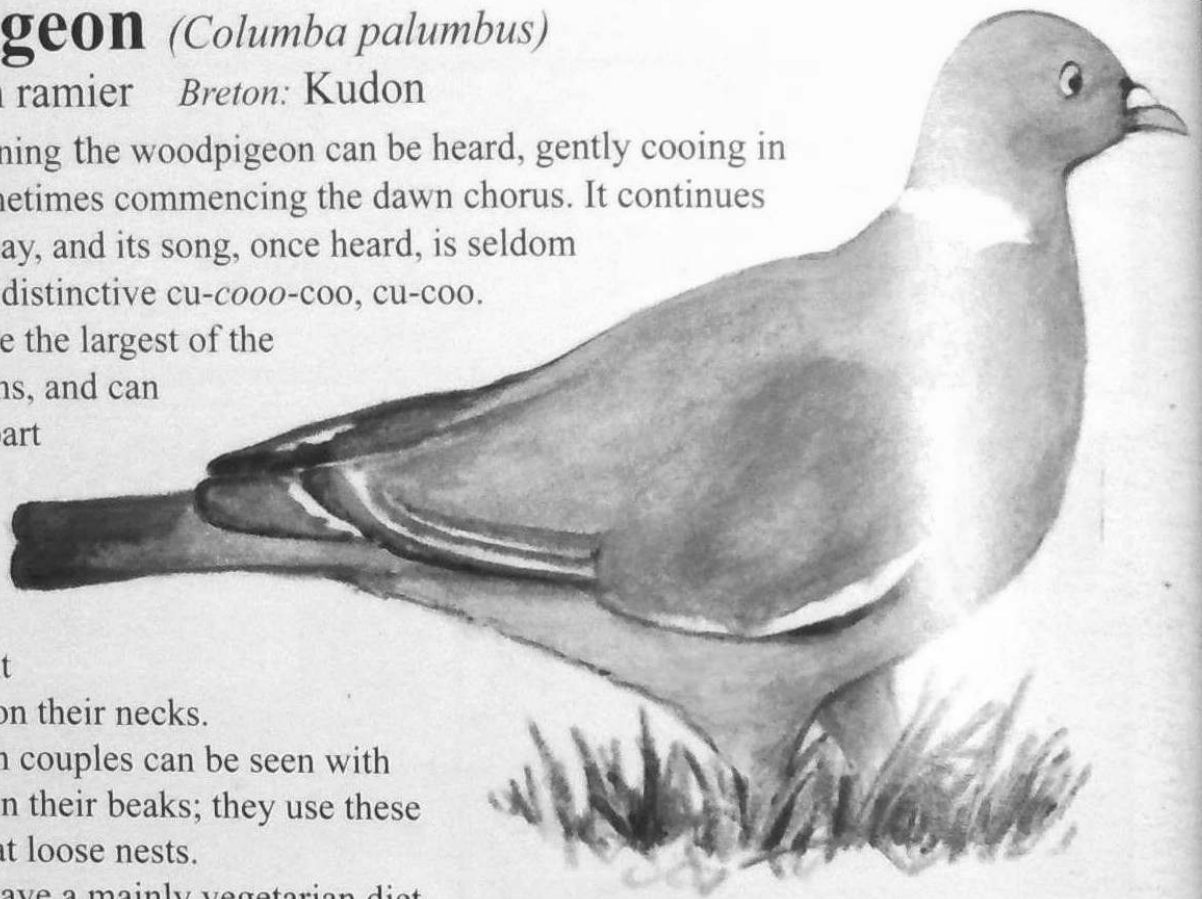
Early in the morning the woodpigeon can be heard, gently cooing in the treetops, sometimes commencing the dawn chorus. It continues throughout the day, and its song, once heard, is seldom forgotten: it is a distinctive *cu-cooo-coo*, *cu-coo*.

Woodpigeons are the largest of the European pigeons, and can be easily told apart from other species not only by their bulky size but by the bright white marking on their necks.

In spring pigeon couples can be seen with outsized twigs in their beaks; they use these to build their flat loose nests.

Woodpigeons have a mainly vegetarian diet, which can cause them to be a nuisance in the garden.

They will eat rows of beans and strip young cabbage plants of their leaves – if you wish to protect your cabbages, cover them with netting. But woodpigeons also eat unwelcome weed seeds, and they are more often seen pecking their way across a lawn, than in the vegetable patch. Unlike in the town, the woodpigeons of the countryside are shy birds, and when walking in your garden you will probably hear them before you see them, as they take off into the air with their distinctively noisy clatter.



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