

Central Brittany

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Journal

December
2005

1€

ISSUE 18



**A Breton
Wedding
1937**

2 Seasonal Recipe: Winter Vegetables

Seasonal Recipes

Ways to use produce from the garden

Winter Vegetables

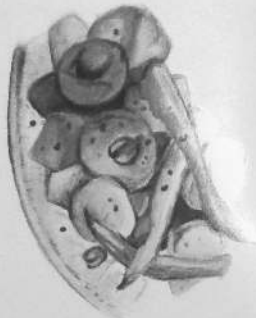
A winter recipe containing parsnips, celeriac, and carrots, flavoured with brown sugar and cardamom.

Ingredients:

- 12 oz (350 g) carrots
- 12 oz (350 g) parsnips
- 12 oz (350 g) celeriac
- ¼ pint (150 ml) olive oil
- 4 cardamom pods, lightly crushed
- 1 tablespoon soft brown sugar
- Salt and Pepper

Method:

1. Peel the vegetables and cut off the ends. Cut them into chunks.
2. Pour the olive oil into a roasting tin and heat in the oven for a couple of minutes. Remove, and add the vegetables, turning them so that they are well coated in oil. Roast them in the oven at 200°C (400°F), Gas Mark 6, for 30 minutes, turning the vegetables again twice during cooking.
3. Add the crushed cardamom pods and sugar to the vegetables, turning them so that they are evenly coated. Return to the oven and bake for a further 30 minutes, until well browned and completely soft, but not disintegrating.
4. Season with salt and pepper and transfer to a serving dish.



Carrots = Carotte
 Parsnips = Panais
 Celeriac = Céleri-rave
 Olive oil = huile d'olive
 Cardamom = Cardamome
 Soft, brown sugar = Cassonade

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Contents

A Marriage in Brittany page 12

Winter Days are Here at Last page 4

Princess Marcassa Part II page 26

Map: Breton Place Names page 24

Gingerbread House Instructions page 16

Nature in Brittany:

Yew page 34
Robin back page

Breton Poem Part II:

Tour Ann Arbor page 18

Mini Dictionaries page 20

Golf in Carhaix page 33

Recipe	2	Admin: Driving Licence	11	Gardening	31
Teashop review	6	Sudoku	20	Christmas Shopping	44
Editorial	7	What's On	21	Advertising Index	32
News	8	Grax Warrior	22		
Letters	10	Website Workshop	23		

Central Brittany Journal

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 Tel/Fax: 0033 (0)2 96 21 52 21
 E-mail: cbj222956@aol.com ISSN: 1767-6738
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Index of Adverts

Courses	35	Building & Property Services	39 40, 41
For Sale	35, 38	Translation & Language Courses	40
Animals	36	Vehicles	40
B&B	37	Property	42, 43
Gardening	35	Wanted	42
Tractor work	38	Building services	46 & 47
Technology	38		
Health	38		
Services	38		

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Frosty mornings, snowfall, log fires, long evenings, and the chance to stop and wait for the cycle of life to begin again, make this a special time of year in the countryside.



Frozen Droplets



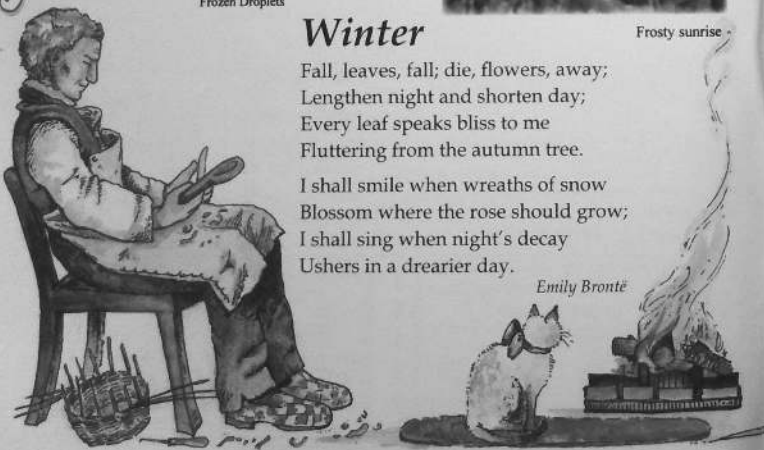
Frosty sunrise

Winter

Fall, leaves, fall; die, flowers, away;
Lengthen night and shorten day;
Every leaf speaks bliss to me
Fluttering from the autumn tree.

I shall smile when wreaths of snow
Blossom where the rose should grow;
I shall sing when night's decay
Ushers in a drearier day.

Emily Brontë



Winter Days are Here at Last

Restoring the Countryside

Over recent years, many parts of the countryside have suffered at the hands of modern farming.

The winter months afford an opportunity to restore sunken paths (*right*), build up banks, repair stone walls, plant trees, clear streams and coppice hedgerows.

The argument in favour of having more people living in the countryside is that they help to make it beautiful. In summer, it is often simply too hot to do much of this kind of work.



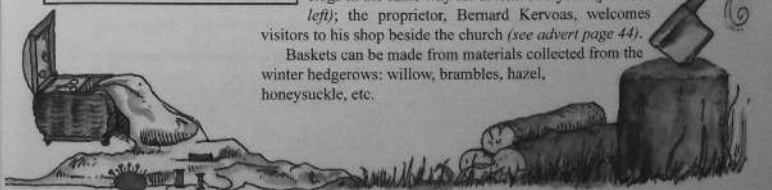
Woodcarving & Basket Making

Winter is traditionally the time for wood carving and wood craft. For centuries country people have spent the long winter evenings gathered round the fire, carving wooden spoons, bowls, walking sticks, shepherds' crooks, wooden dolls, and toys. All that you need to start work is a sharp knife and a piece of wood.

A ready supply of beech wood helped to make clogs a favourite type of footwear in Brittany. Clogs are warm, comfortable, ideal for slipping on when going out into the garden, completely biodegradable and made from renewable resources.

The saboterie in Belle Isle en Terre has been making clogs in the same way for at least 350 years (*pictures left*); the proprietor, Bernard Kervoas, welcomes visitors to his shop beside the church (*see advert page 44*).

Baskets can be made from materials collected from the winter hedgerows: willow, brambles, hazel, honeysuckle, etc.



Teashop Review: Tranquility, Pontivy



This teashop is on rue du Pont, a busy side street in the centre of Pontivy, not far from the castle. There are four large tables, with attractive thyme plants in the centre, and the wooden dressers, pretty china, and traditional stone fire-place and carved archway, give the room an old-fashioned charm. Crumpets, scones, muffins and toast all feature on the menu. We had a selection of cakes, baked by the owner herself, which included a very nice fruit cake, and a Devonshire apple cake. Tea came in attractive teapots, and the coffee, served in a large cafetière, was particularly appreciated. Pottery, wines, jams and English products are also on sale.

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La Petite Epicerie: Maël Pestivien

Fifty years ago there were 24 businesses in the village of Maël Pestivien, now there are just three. Sally Burton hopes that her new shop in the centre of the village is a sign that the good times are returning. *More info page 9*

Editorial

The theme of this month's issue is wintertime. The title on page 4 is a little tongue in cheek, but the article is trying to make a serious point. Breton winters have a reputation for being too long, but looking back over the years that I have lived here, some of my happiest memories are of cold winter days - chopping wood in the garden, or clearing ditches and streams after a few days of non-stop rain. Although December is rarely the coldest month, for many people, it is the most difficult: once the days start to get longer, one knows that spring cannot be far away.

One of the most popular articles that we have had in the Journal was last December's description by Marie de Coajou of a Breton Christmas in the 1920s. This year she has kindly offered to tell the story of a wedding at which she was the maid of honour in 1937. Her description of life in the countryside before the advent of electricity, cars, and all the accoutrements of modern life certainly provides food for thought: not that there is necessarily anything wrong with modern inventions, but in our race to acquire them, we seem to have lost sight of the more important things in life.

The centre pages have a map showing the Breton names for the towns and villages of our region. When I first came to Brittany, I knew nothing about this subject beyond the fact that I often lost my way when driving, due to people daubing black paint over the place names on sign posts. Now I realise that the Breton spellings are often much closer to the names that people have always called the places where they live than the new, official spelling; and that the old names have been subjected to a systematic campaign of eradication - for a while the post office would not deliver letters if the address contained a Breton spelling. English speakers often find the Breton spelling easier to pronounce than the new spelling, and I therefore thought it appropriate for the Journal to lend a little support to the cause of Breton place names.

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Map showing location: Pontivy, St Brieuc, Loudéac, Auray/Lorient, 2 km from here.

Ar goustians gant he tik-tok
A zo kloc'hik Sant Kolledok*

The conscience with its tik-tok
Is the bell of Saint Kolledok

*Saint Kolledok, also called St Ké, is said to have owned a wonderful bell, which rang to tell him when to do good, and when to avoid evil.

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NEWS

Rioting / Integration

Over the past few weeks, France has suffered its worst riots for four decades. Disturbances were sparked off by the deaths of two teenagers who were electrocuted while running away from police, in a Parisian suburb. Trouble spread after comments made by the government minister responsible for law and order - Nicolas Sarkozy - who appeared to refuse to acknowledge that the rioters had any legitimate grounds for complaint. Officially 300 French towns and cities were touched by the disturbances, 8,500 cars were set alight, and 2,800 people were arrested - nearly all of them young, and nearly all of them the children or grandchildren of people who came to France from North or West Africa. Emergency measures were enforced by the government to bring the situation under control, which allowed police to search houses, and cities to impose night time curfews on minors. Estimates of the material cost of the damage has been set at around 200 million euros, but the cost to France's reputation may be much higher.

There is a widespread perception that the police victimise people with dark skin and that employers in France discriminate against dark-skinned people - and that there is a complete denial of these facts by government institutions. Around ten percent of French people have at least some African ancestry. Next month's issue of the CBJ will focus on the issue of integration.

The Language of Shakespeare

The quality of mercy is not strain'd!
It droppeth as the gentle rain from heaven
Upon the place beneath: it is twice bless'd:
It blesseth him that gives and him that takes:
Tis mightiest in the mightiest; it becomes
The thronèd monarch better than his crown;
His sceptre shows the force of temporal power,
The attribute to awe and majesty,
Wherein doth sit the dread and fear of kings;
But mercy is above this sceptre'd sway, -
It is enthronèd in the heart of kings
It is an attribute to God himself;
And earthly power doth then show likest God's
When mercy seasons justice.

Act IV Scene i The Merchant of Venice

¹Forced or constrained

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(No pigs were harmed in the making of this ad)

Boot Sales

Ray and Yvonne Constable have teamed up with the Fleur de Bretagne campsite just outside Rostrenen to organise weekly boot sales Sundays (except Christmas), throughout the months of December and January. The restaurant and bar will be open for lunches, drinks, and snacks. For more information call Ray and Yvonne: 02 96 45 79 11 or Jennie at the campsite: 02 96 29 15 45.

Village Shop for Maël Pestivien

A new village shop has opened for business in Maël Pestiven - under the management of Sally Burton, who moved to Brittany from the UK three years ago, and who also runs a Bed and Breakfast in the village. The shop stocks traditional British foods such as cheddar cheese, teabags, etc., seasonal items such as Christmas crackers, and everything else that you would expect to find in your local shop. It will serve as the local depot de pain from the beginning of December. Tel: 02 96 45 79 58

Amouest

Amouest are opening a second shop in Rostrenen, at 10 place de la République (10 yards from their other shop). The old shop will continue to sell office equipment, photocopiers, etc., while the new shop will sell computers and related items, as well as telephones and televisions. Open from Dec 10th.

Mur de Bretagne: Taverne La Vallée

Heidi Curtis moved to Brittany in 1990 with her parents. After going through the French school system and qualifying as a bilingual secretary, earlier this year she opted to leave her job and take over running the Taverne La Vallée, next to the tourist information office in the centre of Mur de Bretagne. The bar / café has a separate pool room and a family-friendly atmosphere. Bar games and card players welcome. Wheelchair friendly. Tel: 02 96 26 08 62

Le Moulin Blanc: Plougonver

Pierre and Paulette who run Le Moulin Blanc have decided to stay and not leave, as was announced in the November journal. They have made an agreement with the buyer that he will take over only the fishing lake and the campsite. Pierre and Paulette will keep the restaurant and house, and will be expanding the kitchen and dining room so that they can receive more guests. They are very happy not to be leaving, as they love the atmosphere in their restaurant and did not want to leave their clientele. I am sure the feeling is mutual!

Rendezvous Des Celtes: Plussulien

Closed Between 1st Dec. and 19th Jan. Reopens 20th Jan for dinner.

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Letters

Work Experience

We are a vocational school in St Brieuc called Lycée Professionnel Jean Moulin. We train our students in secretarial work, accountancy, trade and sales, reception and Information Technology. In these European sections, students have more English lessons and they are taught one professional subject in English. They also have to get accustomed to other cultures. We greatly appreciate your journal and we would like to arrange a cooperation between the Central Brittany English community and our students. For example, they have two 4-week training periods to do every year and we think that it could be interesting to have some of them train within companies which have an English-speaking clientele. They can also train in Great Britain. Could you please let us know if this idea sounds interesting to any readers of the Journal? Please do not hesitate to ask us for further information. Yours

Colette REMY

Anyone who wishes to take up this offer, please contact the Central Brittany Journal 02 96 21 52 21 cbj22956@aol.com

New Format

We are delighted with the journal and love the new format which enables us poor old souls to read it more easily! Mr & Mrs S.

Penanhaie Kennels & Cattery

We are writing to let you know that David and I are moving to warmer and sunnier climes. The Kennels and Cattery are being taken over by Linda and Geoff Bamford from the 10th December. Linda plans to expand the cattery to accommodate the demand that we have encountered over the past few months.

Both Linda and David are very experienced with care of animals, having four Labradors themselves, as well as cats. Owning a kennels and cattery has been a dream of Linda's for many years. When they viewed Penanhaie they fell in love with it and found the small kennels and cattery to be exactly what they were looking for. We would like to take this opportunity to thank you for your invaluable support.

Thank you all, our kindest regards
 Pamela and David Menzies

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 Ken e vezo bleun en halek,
 Hag ac'hano goanv tenn
 Ken ne zavo bleun er spenn
 gwenn.
 Autumn to Christmas
 After that the hard Winter
 Until the willow flowers;
 After that the cruel Winter
 Until the hawthorn is in
 flower.

Admin:

Driving licences

Problems that may be encountered by elderly residents.

Recent changes to European law mean that you are now allowed to drive anywhere within the European Union if you have a driving licence issued by any of the member states: you no longer have to exchange your current licence for a new one each time that you move from one country to another - good news for anyone who has been living in Brittany for several years without exchanging their current licence for a French one within the twelve months of moving here, as they were previously supposed to do!

Problems can arise, however, for elderly people, when the time comes for their licence to expire. For example, UK driving licences expire when the owner reaches the age of 70 years old. If you live in the UK, you can automatically renew the licence for a further period of three years for no charge and without having to take any form of driving test, but if you do not have a UK address the licensing authority will not issue a new licence.

The French authorities will not issue you with a licence either, if your current licence has passed the expiry date. Thus anyone who has forgotten to exchange their licence for a French one before they reach the age of 70 either has to pretend to be resident in the UK in order to get a new UK licence (licences are issued for up to 10 years from the expiry date) or else sit a French driving test - an expensive process which a recent survey revealed cost on average 1000€!

The process of exchanging your current licence for a French one is a little complex, but, therefore, well worth the effort if you are approaching 70 years old. Ask at your Maine for details.

Article based on information supplied by a CBJ reader who was stopped and fined for not having a current licence. Any comments or suggestions from readers gratefully received. GL

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A Marriage in Brittany - 1937

Marie de Coajou describes her memories of a wedding that took place in the countryside in Central Brittany in 1937.

I remember the wedding of Jean-Marie and Marianne – I was one of the maids-of-honour. In those days the young people decided that they wanted to marry each other, and then their families fixed on a day for the betrothal – it had to be a Saturday evening.

The bride's family were all in her parent's house, and they cleaned it, and cooked a meal and got everything ready. It was so pretty – it was only a little house, but there was a table, and a dresser, and a big fire was burning, with the cauldron hanging over it – only people in towns had ovens back then. The meal was cooked but we didn't lay the table – No! We hid

—
The priest announced from the pulpit that Jean-Marie and Marianne were betrothed
—

everything so nothing could be seen when the bridegroom's family arrived. Grandmother was so excited – she said, "Do you think we'll be able to hide it all?" – and then we heard a knock at the door.

Marianne's father opened it, and there were all the bridegroom's family, his parents, and his sisters; and they had the basket of wine as well, but they kept that hidden. Then the bridegroom's neighbour asked – "Does your daughter want to marry this young man?" – and of course, she said yes, and then in everyone came! And we brought out the food, and we laid the table, and we ate and we talked all night long!

The old folk reminded us that we had to be at the church by 7 o'clock – I didn't really want to walk to the village so early in the morning, but we all had to go. The old people could stay behind and take a little nap, but the betrothed couple had to be at the church by 7 o'clock to tell the priest that they were going to be married.

At 11 o'clock the priest announced from the pulpit that Jean-Marie and Marianne were betrothed, and that he would soon tell everyone when the wedding was to be held.

The wedding was two weeks later – we didn't wait long in those days. During those two weeks, we found the musicians, and



the gentlemen and maids-of-honour. On the wedding day everyone wore their best things – the bridegroom was dressed all in black, with a real, round Breton hat – and the bride was so fine. She wore a special head-dress – a "coiffe de cérémonie", not the sort that women wore every day, but a big one, that came right down like this. And she wore a big shawl – black with fringes and embroidery, and a dress right down to her feet, and an embroidered apron – I wish you could have seen the apron. It was black and made of lace, and a white handkerchief was just poking up out of the pocket. She wore a sort of necklace as well.

—
People were very poor – but they were so happy
—

=====
**In those days
 there were four
 cafés in the
 village. We danced
 outside all the
 cafés**
 =====



that fastened at her neck, and then hung down, in two chains, to just above the apron.

And she had a long wreath of orange-blossom, fastened to her dress. Then she embraced her father and said – “Thank you, Father, for taking care of me” – and she embraced her mother and said – “Thank you Mother for bringing me into the world, and taking care of me” – and there were a few tears, but then her father said – “Now let the celebrations begin!” – and he gave her his arm, and they all set out for the village.

As we walked along, two people laid down a string in front of the procession – the bride stepped over it and – hup, they lifted it into the air, so no one could get past; then the bride threw out sweets and money, and they put down the string and let another few people pass, and they threw out little gifts, and so on, and so on, right down the procession.

In those days there were four cafés in the village, and after we had been to the church, and the bride and bridegroom were married, we went to each one of the cafés. Everyone

had whatever they liked to drink, and it was all paid for by the gentlemen and maids-of-honour – that could be quite expensive, so people tried to have as many gentlemen and

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**We were there
 for three whole
 days – sometimes
 the celebrations
 went on even
 longer. There
 were no freezers
 back then, so
 everything had to
 be eaten**
 =====

Previous page: Marie de Coajou

Above: Traditional costume

Far right: Butter Cake

maids-of-honour as there were cafés – three or even four of each. There were two musicians playing on clarinets – they played all the way to the church, and then, when we left the first café, they played while we danced round in the street – that was called “the dance of the bouquet”, and we danced outside all the cafés. Everyone was so happy and excited. On our way back home – to the home of the bride’s parents, in the little hamlet at the top of the hill – a bonfire had been lit in all the hamlets we passed through. We threw out more sweets and money, and presents – there must have been three or four fires.

Back home, a tent had been set up in the field opposite my sister’s house – she had let us use that, because it was so much bigger. The food was all spread out, and we all sat down and began to eat. Oh, there were so many different dishes – a calf was killed, and maybe even a pig, and there were butter cakes, cut into little squares, from the baker in town, and wine to drink – not cider, only wine would do on a special occasion like a wedding.

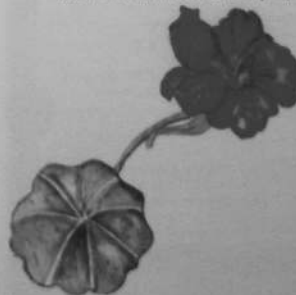
And I remember, the musicians played and played – between each course, each time the dishes were taken away, they started up again.

We were there for three whole days – sometimes the celebrations went on even longer. There were no freezers back then, so everything had to be eaten. You know, people were very

poor – but they were so happy. There were so many celebrations. Children lived with their parents – even when they worked elsewhere, they came back on a Sunday. And mothers, ah, they really were mothers. A wedding was expensive, but even if people were poor, they always made sure that they had everything. People helped each other – if someone had no milk, someone would give them some, if someone had no butter, someone would give them some; everything had to be just right for the wedding-day.



=====
**We were there
 for three whole
 days – sometimes
 the celebrations
 went on even
 longer. There
 were no freezers
 back then, so
 everything had to
 be eaten**
 =====



Making a Gingerbread House



Now that winter is here, and Christmas is on the way, making a gingerbread house is the ideal activity. It is a German tradition, which has gone back for many years, in fact gingerbread is thought to be the oldest biscuit that there is. The spices are said to warm the blood, perfect for a cold winter's day, and the ginger helps to preserve it.

Making a gingerbread house is a perfect family activity, and children will be delighted to help decorate it. Remember that the dough needs to stand for about twelve hours before using, so make it up the night before you want to use it.

Gingerbread

Ingredients:

- 8 oz (225 g) sugar
- 4fl oz (120 ml) golden syrup (see note) or honey
- 6 oz (175 g) butter or margarine
- 2 tablespoons molasses
- 1 tablespoon ground cinnamon

- 1 ½ tablespoons ground ginger
- ¼ pint (250 ml) water
- 1 lb 6 oz (625 g) plain white flour
- ½ tablespoon bicarbonate of soda (see note)
- Extra sugar, icing sugar and sweets for decoration

Method:

1. Put the sugar, golden syrup, butter, molasses and spices into a pan and heat slowly. When the mixture is runny, let simmer until all the sugar has melted.
2. Turn off the heat and pour in the water. Stir, and set aside to cool.

Note 1: Golden syrup is not widely available in France, but can be bought in English shops and in the 'Comptoirs Irlandais'. Bicarbonate of soda can be bought from pharmacies and most English shops.

3. Sift the flour into a large basin, and add the bicarbonate of soda. Pour in the liquid mixture, and stir round till the dough is quite stiff - add a little more flour if necessary.
4. Refrigerate for approximately twelve hours - this will make the dough hard, and much easier to work with.

Making the House

1. Draw out one of each of the templates below on a piece of card. Cut out.
2. Dust a couple of baking sheets with flour and roll out a portion of the dough, on one of the trays, to a 7 mm thickness. Place a template over the dough and cut round it. Do this twice with each template.
3. Mark on the doors and windows, then cut them out with a sharp knife (diagram 1).
4. Bake in the oven at Gas Mark 6 (200°C 400°F). After ten minutes they should have puffed up considerably. Take the gingerbread shapes out of the oven and place the templates over them again. Cut off the excess gingerbread and re-cut the windows if necessary. Put them back in the oven to bake for a further few minutes, until they are quite brown.
5. Cover a board with tin foil, and work out how you will want the house to stand.
6. Heat two ounces (50 g) of sugar in a heavy-bottomed pan, and stir round as it starts to melt. If you are using white sugar you will be able to see when it begins to brown.
7. When the sugar is toffee coloured, turn off the heat and quickly drizzle it over the edges of one of the gingerbread slabs. Holding the pieces in place on the board, stick them together this way. (Diagram 2) The mixture hardens as it cools, so work as quickly as possible. Don't worry if there are cracks between the walls and roof of your house - these can be filled with icing.



Decorating the House

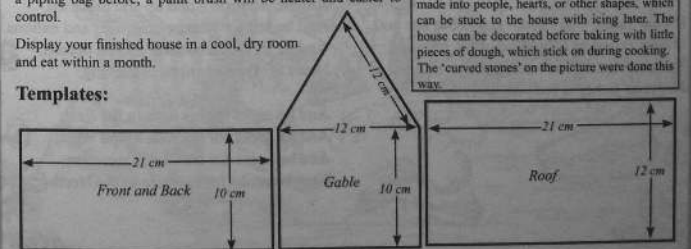
Now comes the fun part! It is really up to you how you decorate your house. Favourite sweets can be used, different coloured icing, and biscuits, or left over gingerbread scraps, can be stuck to the roof or walls. To make up a small amount of icing, sift two ounces (50 g) of icing sugar into a bowl, and add a few drops of liquid. Coffee will make a brown which is good for filling in any cracks in the house, and natural dyes can easily be obtained from the garden. On the picture, spinach was used for the green, and raspberries for the pink. Pound the item in a pestle and mortar until it starts to look juicy, then squeeze it through muslin (diagram 3).

Icing can be applied with a piping bag, but unless you have used a piping bag before, a paint brush will be neater and easier to control.

Display your finished house in a cool, dry room and eat within a month.

Note 2: Any left-over gingerbread dough can be made into people, hearts, or other shapes, which can be stuck to the house with icing later. The house can be decorated before baking with little pieces of dough, which stick on during cooking. The "curved stones" on the picture were done this way.

Templates:



The Tower of Armor Tour Ann Arvor

'Tour Ann Arvor' is an old Breton ballad which tells the story of Lady Azenor, mother to St. Budoc, one of the best-loved of the Breton wise men. Part I described how Lady Azenor was falsely accused by her husband's stepmother of adultery and cast adrift on the ocean to be drowned.

– Petra war vor hec'h euz gwelet? – merdead,
– Eur vag heb roenv na gwel e-bet;
Ha war ann aroz, da sturier,
Eunn eal he eskell digor-kaer.

V

"What strange sight have you seen, O my sailor?"

"A small boat with no oars and no sails,
In the stern of the boat, as a pilot,
Stood an angel, with large wings spread
open."

I have seen a small boat in the distance,
And therein a young girl with her baby,
With that little one on her white breast,
Like a dove resting close to a seashell.

And she covered his back with her kisses,
And she sang to him so very sweetly,
"Lullaby – little son, gently slumber,
Lullaby – go to sleep my poor child."

If your father – my son – could but see you,
O how proud he would be of his infant,
But alas! he will never behold you,
For your father is lost, my poor baby.

VI

Kastel Armor is filled with commotion,
Such as never was felt by a castle.
Fear now reigns in the castle unchallenged,
For the stepmother lies on her deathbed.

"I see Hell open – stepson – beside me,
In God's name! Hasten now to my succour.
Come to help me – I know I am damnèd,
Your pure wife I have slain and dishonoured!"

She had not closed her mouth when – behold!
See! a serpent comes armed with a dagger.
Softly hissing it slithers towards her,
Then it bites her and leaves her there lifeless.

And her stepson stood up and departed,
And he left for strange countries and nations.
And he travelled on land and on oceans,
News of Azenor still he is seeking.

And he seeks for his wife in the East,
And he seeks for his wife in the West,
And he seeks for her in the meridian,
Now he seeks for his wife in the North

When he landed close to the Great Island*,
A small boy was alone on the seashore,
He was playing beside the swift water,
Placing shells in a fold of his garment.

Fair his hair, blue his eyes as the ocean,
Like to Azenor's were they, yes truly,
So much so that the heart of the Prince,
Heaved a sigh in the depth of his being.

"Tell me, child, who – who is your father?"
"I have none, my lord, other than God.
It is three years now since he was lost,
My poor mother still weeps to remember."

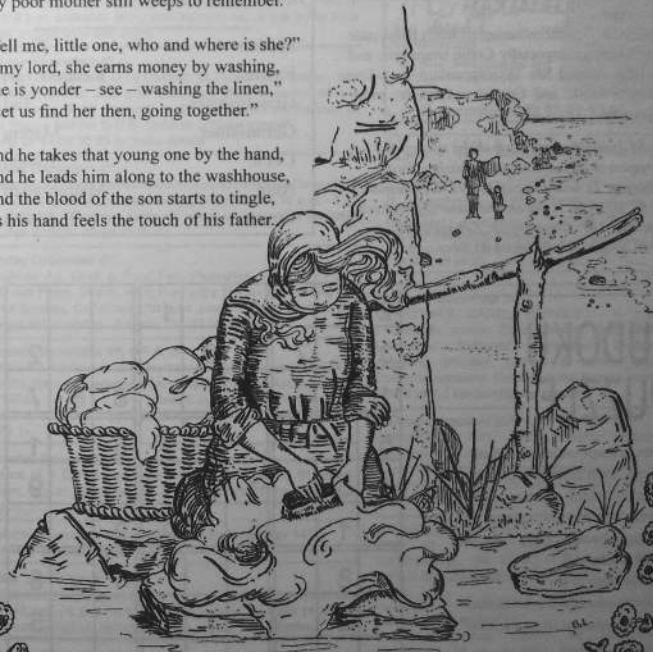
"Tell me, little one, who and where is she?"
O my lord, she earns money by washing,
She is yonder – see – washing the linen."
"Let us find her then, going together."

And he takes that young one by the hand,
And he leads him along to the washhouse,
And the blood of the son starts to tingle,
As his hand feels the touch of his father.

"Little mother – stand up – look towards us.
See, my father! see, he is restored,
See my father – see he who was lost,
Oh, let God be blessed over and over.

And they blessed and thanked God for his
goodness,
He who reunites father and children,
They returned full of joy home to Breiz,
May the blessed ones care for all sailors.

*Translated from the Breton,
the original ballad can be seen online: www.thebcj.com
© 2005 Bethan Lewis*



* i.e. Great Britain. The Count actually lands in Ireland

20 Dictionaries

Mini-Dictionary Breton / English English / Breton



First published in 2003 this mini-dictionary (6.5 cm x 4.5 cm) is of invaluable assistance to anyone who wants to acquire a basic knowledge of the Breton language. It contains 4000 of the most commonly used Breton and English words with their translations and pronunciation. The dictionary makes an interesting gift or stocking filler but should not be regarded as intellectually lightweight.

Its publisher, Yoran Embanner, is clearly passionate about language, especially Celtic languages, and this little volume has 15 companions including Breton / Welsh, and Cornish / English mini-dictionaries.

6€ / £4 Available from book shops throughout the region or direct from the Publisher Yoran Embanner, 71 hent Mespiollet, 29170 Fouesnant. Tel: 02 98 56 10 11 yoran.embanner@gmail.com Distributed by: Coop Breizh, Kerangwenn, 29540 Spezet, Tel: 02 98 93 83 14

Quiz

Match the Breton word to its English equivalent. Words taken from Yoran Embanner's Mini-Dictionary. (Solution page 42)

sun	stered
moon	noz
stars	deiz
clouds	heol
night	loar
day	koumoul
Mother	Tintin
Father	Kenderv (m)
Grandmother	Tad
Grandfather	Mamm
Uncle	Tonton
Aunt	Mamm-gozh
Cousin	Tad-kozh

SUDOKU PUZZLE

Fill in the empty squares so that each row, each column and each smaller 3x3 block contains all the numbers 1-9. No row, column or 3x3 block should contain the same number twice.

(Solution page 36)

Puzzle supplied by Trevor Dallas www.madmanacrossthewater.com

2		7	1		
3	7		9		2
1		4		6	8 7
5			3	8	1
4	8	1			9
	1	5	9	2	
	3			4	8
	2	9	1	8	5
	7	5	3		1

What's On

Every Sunday evening from 7.30 p.m. onwards
Musicians meet & play at Le Lion d'Or pub situated on the crossroads between Séglien and Ciéguérec. Free bowl of soup for all guests. All proceeds from the evening's entertainment go to the Martin House Children's hospice (www.martinhouse.org.uk). More info: please call Peter Smith, on 02 97 38 05 11

Every Thursday afternoon 2-4 pm at the Bibliotheque, Plonevez du Faou.
B.A.B.L.E. offer a relaxed and fun time learning French and English in a pleasant environment. Members socialise at one another's homes, enjoy outings and learn the traditions of Brittany. Membership 15€ a year. French neighbours are welcome too, and details can be obtained from Dennis & Liz, 02 98 73 83 27

Friday December 2nd
Breton songs, old and new, sung by Loris Jouin accompanied by Robert Kervran on the accordion. Salle des Fêtes, Kergrist Moelou (nr Rostrenen 22) 9 p.m. start. 10 € and 5 €.

Saturday December 3rd
Music evening at Tranquility Restaurant, 20 rue du Pont, Pontivy. From 8 p.m. onwards. Bring your instruments, or just come for a buffet, mulled wine and enjoy.

Sunday December 4th
Telethon Live Auction at Le Chineur, St Thuriau nr. Pontivy - see p. 7 for directions. 2.30 p.m. start. Free glass of mulled wine & mince pie to all. All proceeds to Charity. Events will happen all over France (similar to U.K. Children in Need appeal). Phone 02 97 39 38 93 for more details.

Sunday December 4th
Indoor car boot sale. Tables free but booking essential. Carolann's, Carnoet. (On left as you enter village). Well marked. 10 a.m. - 1.30 p.m. Charity Christmas cards will be on sale. Hot food available incl. fish & chips. 02 96 21 54 62

Sunday December 4th
Christmas Art, Craft & Food Fair, Plussulien (nr Corlay - 22). Salle des Fêtes. 11 a.m. start. Free entry. Bar all day serving tea, coffee & cakes. Christmas gifts, pies, pasties, chillis, candles etc. Spaces still available - 5 euros. Tel: 02 96 24 04 26

Sundays December 4th, 11th & 18th
Used Book & Bric-a-Brac Sales have changed to a new WEEKLY location: Fleur de Bretagne - (Camping Rostrenen), Kerandouaran, dir. Silliac. 10 a.m. - 1 p.m. Tables 5 euros. Roast Sunday lunch 15 euros inc wine - 1 p.m. Please book. Tel. Ray/Yvonne. 02 96 45 79 11

Saturday December 10th
Service of 9 Carols and Lessons at the Church of St Hemin, Locarn, 3 p.m. There will be tea afterwards at the Institute of Locarn.

Tuesday December 13th & Wednesday December 14th
Geminids Meteor Shower.

Friday December 23rd
Christmas Market, Glomel 2 pm - 9 pm & Saturday December 24th 10 am - 4 p.m. In front of the church, 30 stalls plus local shops will be open. Hot wine, coffee, music. All welcome.

Saturday December 24th
Bilingual Carol Service at the Salle de Cinema, Belle-Isle-en-Terre 8 p.m. All welcome. Details: 02 96 43 07 74

What's On 21

Fleur de Bretagne
(Camping Rostrenen)
Kerandouaran (dir. Silliac)
Bookings now being taking for
Traditional Christmas Day Lunch
Sunday 25th December
3 Courses including Carafe of wine. 29€
Phone for details
Tel: 02 96 29 15 45
Bar open New Years Eve

Tranquility
Sea shop & Restaurant
Tea shop throughout the day, with home-made cakes.
20 rue du Pont, Pontivy
Reservations: 02 97 07 05 01
4-course English lunch: 10 €
4-course Sunday lunch: 20 €
Vegetarian alternative

Craft Workshops at Le Chat qui lit
Chair caning, Woodcarving, Leatherwork, Festerwork
Thursdays 2-4 or 6-8pm.
30€ for 5 sessions, + materials
Pempourot, 22110 Kergrist Moelou
Tel 0298 36 69 00 www.chatquilit.com

Saturday December 24th
CHRISTMAS CAROL SERVICE 6 p.m.
Fourteenth annual Carol service, 6pm, 24th December, Kerdavid, Plumeliau. English-speaking Minister. Coffee & mince pies. Everyone welcome. For directions: Sharon Joyce 0297518163 kerdavid@wanadoo.fr

Sunday December 25th
CHRISTMAS DAY. Christ Church Brittany (Diocese in Europe) - Holy Communion with Carols at Bonen Church near Rostrenen at 10.30 am. Further details from Robin & Laura Hillman 02 97 51 74 26.

Saturday December 31st
Fleur de Bretagne, (Camping Rostrenen) Kerandouaran, (dir. Silliac) - New Years Eve Party - Bar Open 6pm - 1am, doors closing at 10pm.

Saturday December 31st
Grand Hogmanay Lock-In at Tranquility Restaurant, 20 rue du Pont, Pontivy. A warm welcome to one and all - food, drink, music and fun. From 9 pm onwards...



F. A. Q. 15

Q.: You mentioned VoIP as an advantage of having Broadband. I can do the same thing with Instant Messenger! Do you have shares in it?

A.: I wish! In September eBay bought Skype for \$2.6 billion from the two fellows who developed it. Not bad for a couple of years' effort.

It is possible to use instant messaging services to transmit voice. It's clunky and can be tricky to set up. Also, you have the usual problem that you can only talk to others with the same set-up. The difference is that you cannot call a fixed or mobile telephone. That's the real advantage of the likes of Skype and VoIP Blaster!

[During the writing of this piece AOL announced that it would be offering such a service through its IM facility. This was intended to begin on October 4th, but only in the USA and they will charge.]

For those who've never tried Instant Messaging it is a free service provided by several organisations. The best known is AOL Instant Messenger. Others include MSN from Microsoft, ICQ and Yahoo! Messenger. Do a search and download the appropriate software.

Once you've subscribed and logged in with a user name and password you can talk to anyone who also subscribes to the service and happens to be logged on. When I say "talk" I mean type. Whilst it is possible to talk and even transmit pictures with a web cam these facilities are very clunky without broadband.

The benefit of IM over email is obvious. You can communicate in real time. The drawbacks are that you all have to subscribe to the same service and you can spend a lot of time waiting for replies from people who type with one finger

only. (No not me!) Also, it can be very irritating when someone sees you online and wants to talk whilst you are engaged in something very important. Yes, you can make it appear that you aren't really there but what's the point?

One person in our village is an AOL subscriber who wanted to use IM. Unfortunately his two daughters use MSN. So, he was obliged to install that software too. Imagine if one wanted to talk with people who use other IM services. You'd end up with four or five programs running at once, all trying to do the same thing. There is a better way. Go and get Trillian[<http://www.cerulean.com> <<http://www.cerulean.com/>>]. This clever program will allow you to log on to any or all of the IM services mentioned here. You may not get all the bells & whistles that are available in the original programs but the whole thing is kept under one hat.

Now, like me, you can wish everyone a jolly festive season.



Any questions?
graxwarrior@wanadoo.ir
 or leave a message with 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

Centre for Alternative Technology

Machynlleth, Wales

The Centre for Alternative Technology in mid Wales was founded in 1973 by a group of idealists - with no government funding and with no sponsorship of any kind - who had the idea that it may be possible for people to use technology in a more sustainable way. At the time, this was rather at odds with the rest of the world, which was rushing headlong into high-technology, automation, and the indiscriminate use of chemicals. In recent years, however, there has been a convergence between the work done at the Centre and the latest scientific thinking, which now recognises the need to respect the balance of Nature if human life is to prosper on the planet.

The Centre has a world-famous bookshop, specialising in titles relating to sustainable living, and for the past 25 years has made these books available through its mail-order catalogue: Buy Green by Mail. Many of the books in the catalogue are likely to be of particular interest to the English-speaking country dwellers of Central Brittany, For example:

Building techniques:

The Complet Yurt Handbook £12.95
 'With this book and well under £100 you could build a yurt...'

Building with Lime £22.95
 'Lime is the best and most versatile binder in the world...'

Building with Staw Bales £9.95
 'As a basic building material straw excels in cost-effectiveness and energy efficiency.'

The Hand-Sculpted House £27.50
 'Earth, clay, sand, straw, and water - cob houses literally rise from the earth.'

Hazardous Building Materials £39.99
 'Guide to the selection of environmentally-responsible alternatives.'

Energy

From the Fryer to the Fuel Tank £19.95
 'How to make diesel oil from pure vegetable oil.'

How to Live Without Electricity and Like It £12.50

Solar Water Heating - a DIY Guide £5.99
 'for people who don't want a ready-made system.'

Plumbing

Composting Toilet System Book £19.95
Country Plumbing - Living with a Septic Tank £8.95
 'A practical guide through one of life's great crises - what to do when the drains don't work!'

Hand-Dug Wells and their Construction £14.95

Trees

Guide to the Techniques of Coppice Management £2.45

How to Identify Trees £12.99
 'Organised by leaf type and designed to help those with the most basic knowledge.'

The Woodland Way £16.95
 'A permaculture approach to sustainable woodland management.'

There are also guides to self sufficiency, beekeeping, poultry keeping, organic gardening, and home education.

For a free catalogue with a complete list of all the books in stock write to:

Mail Order Department, C.A.T. Machynlleth, Powys, SY20 9AZ, UK
 or: mail.order@cat.org.uk

Books can be ordered online at:

www.cat.org.uk



**Towns of Brittany
Breton - French**

An Ignel	Inguiniel
An Oriant	Lorient
An Uhelgoad	Huelgoat
Ar Faou	Le Faou
Ar Faoued	Le Faouet
Ar Gemene	Guéméné-s.-Scorff
Banaleg	Bannalec
Bear	Bégard
Bonach	Belle-Ile-en-Terre
Boulvriag	Bourbriac
Brieg	Briec
Brignogan	Brignogan-Plage
Bubri	Bubry
Gwared	Gouarec
Gwengamp	Guingamp
Gwiskri	Guilscriff
Henbont	Hennebont
Josilin	Josselin
Kallag	Callac
Kameled	Camaret-s.-Mer
Karaez	Carhaix
Kastellin	Châteaulin
Karanteg	Carantec
Kastell-Nevez-ar-Faou	Châteauneuf-du-Faou
Kastell-Paol	St.-Pol-de-Leon
Kemper	Quimper
Kemperle	Quimperle
Kintin	Quintin
Kleider	Cléder
Klegereg	Cléguérec
Konk-Leon	La Conquet
Kore	Coray
Kraozon	Crozon
Landerne	Landerneau
Landivizio	Landivisio
Landreger	Landreger
Lannilz	Lannilis
Lannolon	Lannolon
Lannouon	Lannion
Lougad	Loguinec
Lokorn	Locronan
Loktudi	Loctudy
Loudieg	Loudéac
Louergad	Loisargat
Mêl-Karaez	Mel Carhaix
Melrânt	Melrand
Molan	Molhan-s.-Mer
Montrooulez	Morlaix
Mur	Mur-de-Bretagne
Noal-Pondi	Noyal-Pontivy
Pempoull	Paimpol
Pleber-Krist	Pleyber-Christ
Pleuloch	Plelo
Pleuveur-Bodoù	Pleumeur-Bodou
Plestin	Plestin-les-Grèves
Plouet	Plouay
Ploueskad	Plouescat
Plouganou	Plouganou
Plougerne	Plouguerneau
Plougonwaz	Plougonvast
Plouie	Plouyé
Plourae	Plourays
Plunav	Pluméliau
Plumeleg	Plumelec
Pondi	Rostivy
Pont-n-Abad	Pont-l'Abbé
Pontrev	Pontreux
Rochan	Rohan
Rosko	Roscoff
Sant-Tegoneg	St-Thegonec
Silig	Silliac
Skirneg	Scrignac
Speied	Spézet
Staal	Etalles-s.-Mer
Zinzag-Lokrist	Inzinzac-Lochrist

Langueux
Lannilz
Lannolon
Lannion
Loguinec
Locronan
Loctudy
Loudéac
Loisargat
Mel Carhaix
Melrand
Molhan-s.-Mer
Morlaix
Mur-de-Bretagne
Noyal-Pontivy
Paimpol
Pleyber-Christ
Plelo
Pleumeur-Bodou
Plestin-les-Grèves
Plouay
Plouescat
Plouganou
Plouguerneau
Plougonvast
Plouyé
Plourays
Pluméliau
Plumelec
Rostivy
Pont-l'Abbé
Pontreux
Rohan
Roscoff
St-Thegonec
Silliac
Scrignac
Spézet
Etalles-s.-Mer
Inzinzac-Lochrist

Breizh ~ Brittany ~ Bretagne
 A Breton map of Brittany (1cm to 2.5 km) is available from the
 Ofis ar brezhoneg, 8 bis straed Félix Faure, Carhaix.
www.ofis-bzh.org



Part II. In the first instalment of Princess Marcassa, Loduenn stole the Drédaine bird from the castle of the sleeping Princess. He wanted the bird because his ailing father, the king of France, had been told that he would be returned to health if he could but touch it. Loduenn also took a loaf, a tankard, and a magical sabre from the castle: he was helped to escape from the castle's guardians by a white fox.

At the far side of the great plain Loduenn stopped at a large inn. He asked for the best food and drink they possessed, but the bread was not to his liking and he sent for the innkeeper.

"Your bread is worthless," he said.

"What do you mean? There is no better in the land, and it is eaten by the King himself." Loduenn pulled out the loaf that he had taken from the castle.

"I have a better, here," he said, and cut the innkeeper a slice.

The innkeeper liked it so much that he asked for another piece. Loduenn cut it for him, and showed him that the loaf grew no smaller.

"If you had a loaf like this it would make your fortune," he said.

"Indeed it would – but where am I to find such a loaf?"

"Oh nowhere, it is the only one of its kind."

"Well, will you sell it to me then? I will give you a hundred écus."

"Very well: you may have it on condition that you return it to its owner, the Princess Marcassa, if she ever comes to reclaim it."

The innkeeper thought to himself that no Princess Marcassa would ever come to reclaim the bread, and he paid Loduenn the hundred écus.

Loduenn went on his way and at sunset stopped at another wayside inn. Here he sold the innkeeper the bottomless tankard which he had taken from the castle.

After this he travelled, and travelled until he arrived in Bro-Saoz. He went to the inn in which he had left his brothers and learnt that after they had spent all their money, they had turned to thieving. They had been caught and imprisoned, and were now awaiting their death.

However, the King was waging a terrible war with a neighbouring ruler, and was too busy to turn his mind



to the prisoners.

Loduenn decided to find the King and offer his services. He went to the palace and showed the King his wonderful sabre. He promised to help him to defeat his enemies, if he agreed to pardon his brothers.

The King agreed, and Loduenn marched at the head of the army against the enemy. At the mere sight of the sabre the soldiers fled away, and he won a resounding victory.

The two princes owed many debts, so, to pay them, Loduenn sold his sabre to the innkeeper on the condition that if the Princess Marcassa should pass by, he would return it.

The three brothers set off towards France, bearing with them the Drédaine bird in its golden cage. Loduenn carried it at all times, and his two elder brothers began to plot together how they could be rid of him, and take the bird home themselves.

One day they were passing by a deep well and they both leant over to look into it. "Oh," they cried. "Look at that pretty flower! Come and see, Loduenn, you have never seen a fairer."

Loduenn set down his cage and ran to look into the well. His brothers seized him by the feet and threw him in, they then took hold of the cage, and hurried away on the dromedary.

When they arrived home they found the old King very weak. The sight of the Drédaine bird cheered him a little, and there was feasting and festivities. However, the bird was very sad, and when it was carried into the King's bedchamber, it grew angry, and uttered terrible cries, and would not allow the old King to touch it. After this the King grew weaker every day, and everyone around him was very concerned.

But let us return to poor Loduenn at the bottom of the well. Fortunately the water was not deep, and the white fox soon came to his aid. He stretched his brush into the well, and it grew and grew until it reached the water. Then he told Loduenn to take hold of it, and he would pull him out.

"Now," he said, "carry on till you get to your father's court. Not far from here you will meet an old beggar man. Give him all your money, and change clothes with him. When you come to your father ask for the humblest position at his court. Do not worry about anything else; all will go well, and the wrongdoers will be treated as they deserve."

"Do you remember having lodged for the night in the hut of a poor old woman? She could not afford to bury her husband, and do you remember that you paid for the burial?"

"Yes; I remember very well."

"Well I am the soul of that poor man, whose last rites you paid for from your own pocket. I have come in this form to show my gratitude to you. Now I will say farewell, for we will not meet again in this world."

So saying, the white fox disappeared.

Loduenn continued on his way, and soon met the old beggar man. He gave him his money and his clothes, and dressed himself in his rags.

At length he reached his father's palace. When his eldest brother saw him come into the courtyard he said:

"Send him to mind the swine."

This was done, and not long after, he became the stable boy. He took such good care of the horses that the King heard of it, and often spoke of him. However, his brothers had recognised him, and they counselled their father to employ him in feeding the Drédaine bird. Since its arrival at the palace the bird had been so bad-tempered that it had pecked anyone who came near it; but when it saw Loduenn it began to sing, and flap its wings for joy. Loduenn took it on his finger, and went with it to the King's bedchamber. The old man felt a little stronger at hearing it sing, but still

28 Breton Story: Princess Marcassa

the bird would not allow anyone but Loduenn to touch it.

Meanwhile in the castle of the Princess Marcassa, the Princess had given birth to a handsome boy. One day the child asked who was his father, and the Princess replied that she did not know.

"I want to find my father," said the child. "I will not stop looking until I find him."

So the boy set out, and his mother went with him.

They stopped to refresh themselves at the inn where Loduenn had left the wonderful loaf. The innkeeper gave them it to eat, and the Princess knew by this that Loduenn had passed that way.

"Give me that bread," she said to the innkeeper.

"I will not give it away to anyone, unless the Princess Marcassa asks me for it herself one day," said the innkeeper.

"I am Princess Marcassa, and the bread belongs to me, and I will take it."

So saying, she put it in her pocket. As for the innkeeper, he had already made his fortune from the wonderful loaf.

The Princess and her son continued on their way until they came to the inn where Loduenn had left the bottomless wine tankard. This too they took away with them, and soon arrived in Bro-Saoz. Here they stopped at the inn where Loduenn had left his magic sabre, and they also took that away with them.

"Take heart, my son," said the Princess to her child, "we are nearing your father."

At last they came to Paris, and the Princess informed the King's servants of her arrival. The old King was delighted and despite his illness he went down into the courtyard and offered to help the Princess out of her golden carriage.

"I will not get out of my carriage," she said, "until he who carried off the Drédaine bird comes to give me his hand."

"I am he!" cried the eldest son, stepping forward.

"Very well: tell me how the castle is guarded."

The eldest son could only say that the castle was surrounded by high walls.

"It is not you!" said the Princess. "Let another come forth."

The second son now approached.

"It is I," he said.

"Tell me then, how is my castle guarded?"

But he knew no more better than his brother, and the Princess exclaimed:

"It is not you either; leave us. Let the man who carried off the Drédaine bird be brought to me or I will depart."

Then Loduenn stepped forward, in the dress of a stable-boy.

"It is I, Princess," he said.

"Tell me how my castle is guarded."

"Your castle, Princess, is surrounded by three high walls, and three courtyards. In the first courtyard are serpents and poisonous reptiles; in the second are yet more serpents and lions and tigers; and in the third are giants and serpents who breathe flames seven leagues round about."

"I see that you do know something," said the Princess. "But what then?"

"All these animals were fast asleep, and I passed through them unharmed. In the first room of the castle I found a wonderful loaf which did not diminish when I ate it; in the second a tankard of wine, which did not empty when I drank from it; and in the third room I saw a Princess, fair as the day, asleep upon a bed of purple and gold."

"And what did you do then?" asked the Princess.

"After having looked at her for some time open-mouthed, I bent and kissed her."

Breton Story: Princess Marcassa 29

"This is all true," said the Princess, "and here is your son, but go on."

"I then passed into a fourth apartment and cut down the Drédaine bird with the sabre that I found hanging from the wall by a golden nail. Then I fled, taking with me the bird, the sabre, the wine tankard, and the bread."

"And where are they?" asked the Princess.

"The bird is here: I left the loaf, the tankard, and the sabre in the inns where I lodged on my way home."

"I found them there, and took them away with me," said the Princess. "But now show me the bird."

Loduenn went to fetch the bird in its golden cage. When it saw the Princess it beat its wings for joy and began to sing so sweetly, and so loudly, that the palace rang with the sound, and every heart was glad – save those of the older brothers.

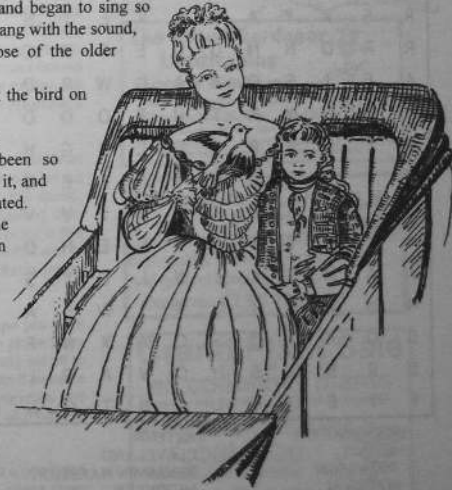
The Princess opened the cage, took the bird on her finger, and held it out to the King.

"Stroke it with your hand," she said.

The bird which until now had been so obstinate allowed the old man to touch it, and he was immediately cured and invigorated.

Then the Princess revealed before the whole court the wrongs which had been done to Loduenn by his elder brothers. They were duly punished, and then Loduenn and Princess Marcassa were married. There was great rejoicing and many celebrations, and when the old King passed away, Loduenn became King in his place.

'Princess Marcassa' is a traditional Breton story, retold and illustrated by Bethan Lewis



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December in the Garden

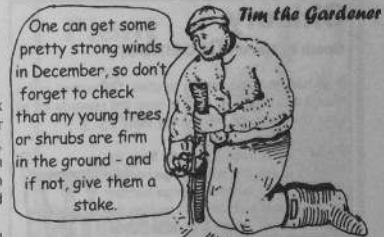
December is the month when you can start to think about your trees: traditionally, people work on their trees from November to March, but in a mild autumn, there is still sap in the trees in November, and in an early spring, the buds are beginning to burst in March, which means that December, January, and February are the best months for working on trees. Even if you are committed to tree conservation, you will have to do a certain amount of cutting and chopping during the winter: conditions in Brittany are particularly well-suited to the growth of broad-leaved trees, and if you do not take action, your garden will soon become overgrown and will start to resemble a woodland.

Coppicing: Coppicing involves cutting the tree down to the ground every few years. After it has been cut down, numerous shoots grow up from the stump, giving the characteristic shape to a coppiced tree. Hazels, ash, and willow are routinely coppiced in this area. Coppicing represents the most effective way of managing trees to produce fire wood, fence posts, tool handles, wood for carving, etc.

Pruning: You have to decide what shape you want the trees in your garden to be, and then prune them accordingly. Lower branches are generally cut off to let more light into the garden and to make it possible to walk round the tree. Overhanging branches and branches growing close to electric lines also have to be removed.

Mulching: Mulching around fruit trees is a good idea in the spring and summer as the mulch keeps down weeds and helps the soil around the tree to retain water. However, the mulch can be pulled back in the winter to allow the frost to get at the surface of the soil, and perhaps help to reduce the number of insects that prey upon these rather sensitive plants.

Safety Tips: Working with trees is dangerous even for people with years of experience. It is now fashionable to use a chain saw for almost any cutting job, but most work can be done with a bill-hook and a pruning saw, tools which have to be treated with care but which are not so potentially lethal as a chain saw, particularly in the hands of an inexperienced person - they are also a lot more fun to use!



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Chicory

Month by Month: December

If all has gone according to plan, December is the month when you will start to reap the rewards for all your hard work on the chicory bed.

Carefully pull back the earth from the chicorns to see if they are large enough for picking. If you have a large number of plants, it is best to start picking the chicorns when they are quite small. The picking season lasts for up to eight weeks.



Cut the chicorn off from the top of the root with a sharp knife. If you wish, you can leave the root in the ground, and you may get a smaller second crop.

Chicory: Cooking Suggestion.

1. Remove the outer leaves. Cut off any brown marks. Finely slice the chicorns.
2. Heat 2 tablespoons of sunflower oil in a wok or a heavy-bottomed pan. When the oil begins to smoke, add the chicory and stir. Cover with a lid.
3. Remove the lid every two or three minutes, and stir. Once the chicory starts to release water, remove the lid and boil vigorously until most of the liquid has evaporated off (about 5 minutes).
4. Season with salt or soya sauce and serve.

What is a Robin Called in Breton?

The Robin provides an example of the way in which language has changed. Organised schooling and modern communications tend to reduce the variety of names used to describe everyday things. For example, in the old days, the name for a robin varied from parish to parish - over one hundred different words for the robin have been recorded in the Breton language, including torig-ru, bruchig-ru, boruig, jorig-ru & jabot-ru - boc'hruz is the name given in the dictionary.

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Quiz

Match the Breton word to its English equivalent. Words taken from Yoran Embanner's Mini-Dictionary. (Solution page 42)

cabbage	patatez
carrot	bara
bread	amann
potato	artichaod
butter	chistr or sistr
onion	kaol
wine	gwin
buckwheat	karotez
apple	gwinizh
pear	pour
cider	aval
leeks	ed-du
wheat	ognon
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Plant Sale, Bourbriac



Pépinière de Coat Liou near Bourbriac is selling off his stock of ornamental shrubs so that he can devote his time to growing bare-rooted trees for hedging and forestry. He is also pioneering permaculture techniques on his farm - such as a no-ploughing technique developed in South America that involves sowing cereal crops (including wheat and spelt) directly onto green manures such as mustard. (see advert page 31)

Plant a Yew for Xmas



Why not plant a yew tree in the garden this Christmas instead of buying a pine tree for the house? Plant it on a day when the ground is not frozen, and surround it with mulch. Make sure that you water it during dry spells next spring and summer. If it survives the first year, it could live for another 1000!

Golf in Carhaix

Carhaix now has its own golf course, situated in the valley of the Hyères, close to the campsite and the riding stables. Work on the first phase of the project was completed earlier this year; it consists of a driving range, a putting green, and 6 holes ranging from 50 to 90 metres in length. The course is open to everyone - half a day golfing costs just 10€ for an adult, and golf clubs are available for loan at no extra cost. Plans for the future involve a new clubhouse and extending the course to a full 18 holes. The promoters of the golf course see it as a way of preserving this part of the valley for wildlife and lovers



of nature.

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left: the Carhaix course is believed to be the world's first golf course with signs in Breton
above right: view of the clubhouse
right: hole six



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Yew Tree

Breton: Ivinenn French: If

The evergreen yew has long been a special tree of wintertime. When all the oaks, hazels, beech and ash trees have shed their leaves, and stand gaunt and lifeless, the yew remains as green as if it was the heart of Summer.

Yew trees can live to be very old, and some of the most magnificent specimens are to be found near churches, where they are growing as sacred trees. Male and female flowers are borne on separate trees, so only some yews have the distinctive red berries. Others have the dense clusters of male flowers.



Classified Advertising

3€ 25 words

Courses	35	Building & Property	
For Sale	35, 38	Services	39, 40, 41
Animals	36	Translation &	
B&B	37	Language Courses	40
Gardening	35	Vehicles	40
Tractor work	38	Property	42, 43
Technology	38	Wanted	42
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for sale continued page 38

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Solution Sudoku page 42

2	4	8	7	6	1	5	9	3
3	6	7	8	9	5	1	4	2
1	5	9	4	3	2	6	8	7
5	9	6	2	4	3	8	7	1
4	8	2	1	7	6	3	5	9
7	1	3	5	8	9	2	6	4
9	3	1	6	5	7	4	2	8
6	2	4	9	1	8	7	3	5
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38 Classified Advertising

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classified contd page 40

Building & Property Services 39

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40 Building & Property Services

Building & Property Services

continued from page 39

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Building & Property Services 41

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Carnoët. Centre of village. Large stone-built house. 2 bedrooms with possibility for 2 more. Bathroom, fitted kitchen. Lounge, large shop area/extra room. Possibility of small business. Garden. 65,000 €. For quick sale due to health reasons. Tel: 02 96 21 54 62

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continued from page 40

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Solutions Bretonn Words Quiz Page 32 Solutions Bretonn Words Quiz Page 29

artichoke, artichaud	days, dez
wheat, gwinth	night, noz
leeks, pour	clouds, kumoun
clay, chlaer or silt	stars, steved
pot, pot	moon, loar
apple, arad	sun, haol
backhead, ad-da	Castin, Kender (m) (Kender) (f)
vine, gwin	Arde, Tardin
lamb, agnam	Eric, Tardin
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• Building Tip: •



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Pools in France: Swimming pools p.46
MRTP: Septic tanks installation & servicing p. 46
Le Relais de la Forêt, Merdrignac: Restaurant p. 45
C. J. Électriques: All electrical work p.46
Fluent French Audio: French course p. 44
Jean-Yves Noblet, Merdrignac: Notaire p. 43
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French: Rouge-gorge¹

When the trees have lost their leaves, and the days are short and wintry, the robin is a cheery sight, with its beady eyes, alert movements, sweet song, and, of course, its red chest.

Robins have always been particularly loved by people, not just for their winter company, but also for their unusual lack of timidity. Whereas most birds will fly away as you approach, the robin will often fly closer, and watch you from a nearby branch with an air of genuine interest.

If a gardener is working the soil, a robin is sure to wait close by, ready to swoop down and catch a worm if it sees a movement in the earth. When winter comes, and the ground is frozen, the robins do this more than ever, as it is difficult for them to find food. For this reason people have often put crumbs and seeds out for them to eat in winter, while others have gone outside on a frosty morning, and dug the earth especially for their robin, so he can find some grubs to eat and won't have to go hungry.

¹ see page 32 for a note on the Breton name for the robin



Male
and
female robins

both look alike:

red chests, surrounded by grey feathers, and an olive brown back. When the weather is cold they can ruffle their feathers up into a perfect ball, making them rather a comic sight!

ISSN 1767-6738



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