

Central Brittany

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Journal

January 2006

1€

ISSUE 19



Integration:

Who Wants It?

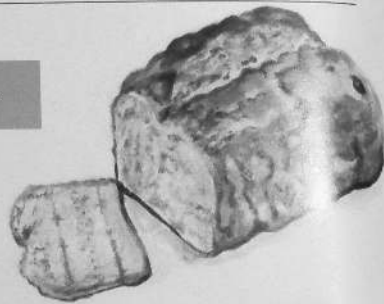
2 Recipe: Bread

Wholemeal Bread

Every baker has their own particular method for baking bread. This basic recipe outlines the principles involved.

Ingredients:

- 3 lbs (1½ kg) wholemeal flour
- 2 teaspoons (10 ml) salt
- 2 tablespoons (30 ml) sunflower oil
- 1 packet fast action yeast
- 1½ pints (850 ml) warm water (approx.)



Method:

1. Sieve the flour and salt into a large mixing bowl. Rub in the oil. Add the yeast.
2. Pour the water into a pan, heat it up to about 37°C. Gradually add the water to the flour mixture, moulding it in with your hands until you get a dough that is easily malleable but not sticky.
3. Knead the dough for ten to fifteen minutes, and leave to rise in a warm place for about an hour, or until it has doubled in size.
4. Divide the dough into three pieces, and put in greased, 1 lb bread tins. Slit along the top of each loaf with a knife, brush with olive oil, and leave to rise for a further half hour.
5. Bake in a hot oven - 220°C, Gas Mark 7, 425°F - until they are brown on the surface and sound hollow when tipped out of the tin and tapped on the underside (approx. 35 min.)

Notes:

Flour: Bread flour can be bought from health food shops and bio co-ops. Flours are graded - T150 contains all the bran, T110 has had most of the bran removed and T80 is similar to a strong white flour. For a wholemeal loaf that is not too heavy, a mixture of T150 and T110 is advised.

Yeast: Instead of using rapid action yeast, you can use traditional dried yeast which has to be dissolved in a mixture of warm water and sugar before being added to the flour. Alternatively you can use fresh yeast which can be bought from the local boulangerie.*

*Levure Boulangère - Traditional dried yeast
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Central Brittany Journal

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BREST



The sun sets behind the tower built by the United States of America to commemorate the role played by the citizens of Brest during the War.



Left: Salon de Thé at the top of the main shopping street, rue Siam



Right: Carousel - in the place de Liberté in front of the town hall, until the end of January



Business Focus:

Fleur de Bretagne: Rostrenen Campsite, Fishing Lake, and Bar/Restaurant

Fleur de Bretagne is situated on the site of an old cider farm on the outskirts of Rostrenen. It was originally developed as a 100 pitch campsite by three couples from the UK, fifteen years ago. The current owners, Dave and Jennie Keeley and their daughter Sarah took over the site in October 2004, by which time that it had become so rundown that the prefecture insisted that renovation work be carried out before it was allowed to reopen in Easter 2005.



Above: The restaurant, heated by an open fire during the winter months.

The success of a privately-run campsite in Central Brittany depends on it being able to attract visitors from outside of France. With this in mind, Sarah has a website (in English, French and Italian) which provides details about the site, how to book, and information about the area. Dave and Jennie have also succeeded in getting the site listed in international campsite guides including Alan Rogers and the UK Caravan Club guide to sites in Europe.



Below: Sarah behind the bar which sells the popular Kilkenny ale, imported from the Irish Republic.

The site is open all year and a range of activities have been planned to attract locally-based people to the bar and restaurant, including weekly boot sales, quiz nights, Sunday lunches, a pool tournament, bingo, and darts tournaments.

For more info: 02 96 29 15 45 (From UK: 0870 017 1660) info@fleurdebretagne.com

Business Focus is an occasional series that looks at businesses that are succeeding in attracting trade to the area or exporting locally-produced products or services.

Brest (opposite)

Brest is situated on the westernmost tip of Brittany, a position that for many years has given the city great strategic importance: in previous centuries, ships based here were able to control the sea route between the Northern and Southern countries of Europe, making it one of France's major naval bases. Its inaccessibility by land for much of the year - due to the atrocious condition of Breton roads - prompted the construction of the Nantes/Brest canal.

During the 1939-45 War Brest was used as a base for U-boats operating in the Atlantic. The city centre and port areas were heavily bombed by Allied forces, leaving large areas of the city flattened. Post-war rebuilding is generally regarded to have been completed too quickly and with insufficient creative flair, with the result that the centre has lost much of its old charm. It is still, however, the main shopping centre of the region and has both large department stores such as Printemps and FNAC and a wide variety of smaller specialist shops close to the city centre, and its location is still stunning!

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Editorial
 There have been a lot of news reports about the European Budget during the past month and one thing that struck me was that they did not mention the harm being done to local communities by the current system of farm subsidies.
 I have heard of several people who moved to Brittany a year or two ago but who have now decided to pack their bags and return to their countries of origin: an apparent continuation of the phenomenon that has led so many people to leave the area over recent decades, and which must be at least partly due to the destabilising effect that a dependency on farm subsidies has had on the region.
 Part of the idea behind the Journal is to support businesses that survive independently of government grants, and which are thereby helping the region to return to financial self-sufficiency - to this end this issue contains a new feature, 'Business Focus' (page 5) and also gives an insight into the origins of the Organic Food Coop in Carhaix (page 12).
 Last month I rather rashly said that the January issue would concentrate on integration. Pressure for space has meant that, in the end, only four pages could be given to the subject, but it has still occupied my thoughts for most of the past few weeks, and I am sure that it is something that will continue to feature in the Journal over coming months: the future success of our region is almost sure to depend on people from a variety of backgrounds being able to put their differences aside and to work for the common good.
 History and crafts are the things that have demanded the extra space and I hope that everyone enjoys Wendy Mewes' article on the assault on Morlaix, and Bethan's account of the life of Judicaël, one of Brittany's philosopher kings. The craft section is a continuation of last month's theme of things to do during the long winter evenings, and there is also a rather tricky quiz on tree bark.
 All of which just leaves me room to thank you all for helping to make 2005 such a successful year for the Journal and to wish everyone a happy and prosperous 2006.
 Gareth Lewis

Teashop Review:
PERROS-GUIREC
La Chaumière




This teashop is on rue Général de Gaulle, in the centre of the smart seaside town of Perros-Guirec. It was established in 1918, and seems to be something of an institution. The double glass doors open into a large shop, containing two counters, and shelves and tables of chocolates, biscuits and gifts.
 The counter closest to the door sells a selection of attractive cakes and speciality sweets resembling pebbles, pieces of pink granite, seagull's eggs, etc. The second counter sells a large range of chocolates which can be bought individually or in boxes.
 The tearoom opens out from the shop and contains eight glass-topped tables, each with a candle burning in the centre, and, in winter, there is also a log fire. Sea-scapes decorate the walls, and the windows overlook the street.
 We very much enjoyed an apricot tart, a prune slice, and a chocolate cake called 'Diamant'. The pâtes de fruit (fruit jellies) are also delicious, and there is an unusually wide selection of herb teas.

The Ragamuffins



Readers may remember Régis Garnier (front right, seated) performing in the Journal earlier this year. The musicians interested in forming a classical jazz group. He has been joined by Philippe Gueguen (trumpet), Guillaume Cautier (baritone sax), Ronan Del Colle (Trombone), Jean-Yves Le Gac (guitar), David Robinson (guitar), and Alain Cautier (wash board), to form The Ragamuffins, a group of musicians addicted to Old Time Jazz, as played in the 1920s.
 Their programme includes titles by Joe "King" Oliver, Clarence Williams, Ferdinand "Jelly-Roll" Morton, Jimmy Noon and Benny Moten.
 The Ragamuffins play at James' Pub-Café, Place de la Mairie, Carhaix, the last Friday of every month. (What's On? page 21) Tel: R. Garnier 02 98 99 78 81

I-Spy a deer
 In winter deer can often be seen browsing through the fields in groups of two or three. But even when you don't see them, their traces can be found!
 The deer's hoof mark is very characteristic, and when it is leaping along, the hooves of the fore-feet are splayed outwards and the small hind toes register as well (see right).



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Mobile Book Shop

Gary Campbell is starting a new service for English-speaking residents of Brittany from 1st Jan 2006 - a mobile bookshop. He has a wide stock of new books for sale, which customers can either keep, or exchange for new or slightly used books on a subsequent call. When books have been read a few times, they are returned to the UK for sale through the second-hand book market. Gary will also carry a stock of back issues of popular UK magazines which customers can buy at a reduced price. The idea is based on a business that he ran successfully in the UK for many years. Give Gary a ring if you would like him to call: 02 96 26 35 48 (advert page 44)

Driving Licences: Update

The article about driving licences in the December issue of the Journal prompted a response from two readers, one of whom informed us that it is relatively easy to obtain an updated UK licence even if one is living in France: one simply has to provide the Licensing agency with a UK address to which they can send the new licence, no proof of residence is required.

The second reader is a seventy-six year old French-resident, UK pensioner, who decided to follow official procedures to either exchange his expired UK licence for a French licence or to obtain an updated UK licence. He made his initial enquiry at the gendarmerie, from where he was directed to the mairie, the mairie directed him to the sub-prefecture, from where he was told to go to the prefecture in St. Brieuc. The prefecture told him that they could not help him and that he should contact the UK licensing agency. The UK agency said that they could not issue a new licence to a French address but were able to send him a 'Confirmation of GB Driving Licence Details', which he is now going to take back to the mairie in the hope that it will be sufficient for them to procure him a French licence. His overall impression is that the public servants whom he encountered failed to act within the spirit of a European community which is supposed to make it simple for citizens to move from one country to another!

Riddle:

**Eul liser wenn
N'hen deuz na gri na gouremenn**
A white sheet, without sewing
and without a hem.

— Ann erth
— 5mow

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Openings and Re openings

Les Rendezvous Des Celtes in Plussulien is reopening on Jan 27th after being closed for a few weeks in December and January.
Le Moulin Blanc is starting to serve Sunday lunches on the first Sunday of every month starting February 5th. Starter, main course and dessert. 13€.
Tel: Pierre 02 96 21 60 81

New Outlets

New outlets for the Journal this month include the village shop in Poullaouen - Epicerie, pl. de la Mairie and two in Begard, where several readers have reported difficulty in finding a copy: Intermarché and the Maison de la Presse

Telethon

The charity auction held at Le Chineur on 4th December for the Telethon raised 1552€ - well up on last year's 900€. Rita Boulton, who organised the event would like to thank everyone for their generous support.

Thanks - Le Faouet Christmas Market

The organisers of the Christmas market at Le Faouet, La Chapelle Neuve nr. Callac would like to thank everyone that supported the Christmas market on the 27th of November. The weather turned wintry but the feeling of everyone who was there was very warm and festive. Over 300€ was raised with the sale of drinks and cake, money has been donated to cancer relief at St Brieuc.

The Language of Shakespeare

There's a divinity that shapes our ends,
Rough-hew them how we will.

Hamlet Act V Scene I

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Letters

Brittany Singles Network

This group for single people living in Brittany welcomes new members of all nationalities. There are currently 34 members with the majority in the Morbihan department - so it would be nice to hear from singles in other departments. This is not a dating agency (there are plenty of those on the web) but a network for single people to contact each other for various activities. Dining, walking, nature, archeology, partying and so on. Contact Meg Brookes meg.brookes@wanadoo.fr Gourveaux, 22530, St Gilles vx Marche Tel: 02 96 26 08 72

Morris Dancing

I am writing on behalf of Sarum Morris, a Morris Dancing side based in Salisbury. We would like to visit Brittany in the summer of 2006 and have been given your journal as a possible contact to advise us who to link with to make this possible. Or indeed if you could assist in making this dance tour interesting and fun. Sarum Morris can be found on the internet on www.123freehost.co.uk/sites/sarum_morris/ We are particularly interested in dancing with Breton Sides. In anticipation of your reply, Christine Hutton Sarum Morris syke.hutton@btinternet.com

Lost and Forgotten?

We are apparently lost and forgotten, certainly not by the history books, once again sadly from the map! Of course we are biased as we consider La Roche Derrien a very historic and attractive place nestling on the Jaudy. It is also bang in a very strong Breton area being on the doorstep of Landreger, Treguier, but seems invisible in the several maps of rivers and places shown in CBJ. Do tell if there is a specific reason for this or are we just not important enough? Kind regards, David and Valerie Worsfold I have checked this with my map-maker and he says that the difficulty he encountered when making the map for the Dec issue was that he tried to cover the whole of Brittany. In a future issue he plans to prepare a map of Breton names that just covers the traditional Breton-speaking areas. This will allow space to give the Breton names for smaller towns and communes. GL

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Brittany Ferries:

Questions and Answers

Every month, we receive comments and questions about Brittany Ferries; this month we put some of your points to the company's press office.

Will Brittany Ferry's prices be reduced in 2006?

Brittany Ferries monitors its prices so that they stay in line with other ferry operators and there will probably therefore be a reduction in price this year. However, its crossings are obviously longer than the northern routes, and the company has a long-term policy of investing in on-board facilities in order to make the crossings as comfortable as possible; these factors combine to ensure that Brittany Ferries' prices will always be higher than those on the northern routes. Also ferry companies do not add a fuel surcharge onto the ticket price and the high cost of fuel will therefore affect prices directly.

CBJ readers have complained of having to pay £850 for a crossing in 2005.

If you cross on Friday afternoon in the Summer, you will end up paying the top price. However, the company has invested heavily in upgrading its website and one recently-added feature is a range of quotes, colour coded by price, being displayed each time you make an enquiry. This allows customers to select cheaper crossings if they can be flexible on times of travel - mid-week, afternoon crossings tend to be the cheapest. There is also a £10 discount for booking online.

If Brittany Ferries is subsidised by the French government, why doesn't it just cut fares to encourage more visitors to Brittany?

Brittany Ferries has a responsibility to make a profit for shareholders just like any other company. Recently-published figures for the year Sept 2004 - Sept 2005 show that it had a relatively good year, recording a 9% growth in passenger numbers at a time when overall cross-channel passenger numbers fell by 10%.

One reader recently crossed to the UK with a friend who was a member of the property-owners club, but returned without him. He was charged the full difference between a return ticket with discount and one without discount.

Members of the property owners club receive up to 30% discount on fares plus other benefits. Information about how to join is available on line. The company has tightened up on travellers trying to take advantage of other people's club membership.

Please send travel questions to cbj222956@aol.com

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Lanig Kervareg

I have been a militant for as long as I can remember. When I was at school in Châteaulin, the surrounding area was well known for its wood pigeons. My school friends and I formed a society for their protection and this group became part of 'Jeunes et Nature' – the young people's section of the LPO (League pour la Protection des Oiseaux). Afterwards, I was part of the group 'Defense de Terroir Breton': we tried to prevent the destruction of banks and pathways and the indiscriminate felling of trees and hedges. This was the 1970s, when Brittany was subject to a policy of 'Remembrement' which involved amalgamating smallholdings to make larger farms. Some people were making a lot of money out of the process; we had some successes but much of the countryside was destroyed at that time. Now some of the banks are being restored as their importance in the prevention of erosion and the control of flooding is being recognised.

From around 1973 we were involved in the campaign to block the building of nuclear reactors in Brittany: five different sites had been proposed and we had to prepare a defence for each of them. Eventually the authorities settled on Plogoff, near Douarnenez in Finistère. There was a huge demonstration – 100,000 people – with demonstrators coming from all over France and even from the Basque country (we had been working with them to oppose a similar plan that the Spanish government had, to build a reactor in San Sebastian). There were riot police and fighting in the streets; eventually the government had to give way and the plan for the reactor was dropped.

In the 1980s there were campaigns to protect vulnerable areas of the coast from commercial development and efforts to support the Breton language and culture.

I moved to Carhaix ten years ago. It is a very dynamic town. Ten years ago, it was dying, but now much of it has been rebuilt and many businesses have moved here. The council has a progressive attitude to the environment: there is a commitment to phase out the use of harmful chemicals and to replace them with eco-products, and the children in the primary schools are served with an organic meal one day per week.

And the future? One has to be vigilant, always vigilant...!

Text adapted from an interview © Dec 2005

Lanig opened the organic coop in Carhaix (opp. Intermarché) in June 2001. As well as stocking the usual range of organic products the shop sells produce from 12 different local producers, including bread, cheese, apples, meat, honey, fruit and vegetables.



www.thebcj.com



Rag Rug

Rag rug making is a traditional craft that people have done for hundreds of years. It requires very few tools and once the basic technique is learnt, there are no limits to the variety of things you can make – cushions, tea cosies, wall hangings, chair pads, blankets, etc. This pattern is for a wall hanging, as it is advisable to start with something small. These instructions are for right-handed people and need to be reversed if you work with your left hand.

You will need:

25" x 25" (64 cm x 64 cm) square piece of hessian or sacking cloth

A water-resistant marker pen

A wooden frame – an artist's stretcher, or embroidery frame

Old pieces of material. For this flower design, you will need black cloth for the outline, various shades of pink for the flower, two yellows for the centre, and a large piece of blue cloth for the background. These colours can be varied according to what material you have.

Scissors

A hook (diagram 1, available from www.ragrug.co.uk)

8 foot (2.5 m) strip of 2" (5 cm) wide carpet braid, cut into four 2 foot (64 cm) strips Needle and strong thread.

4 pieces of matching ribbon 1½" (4 cm) wide 4" (10 cm) long

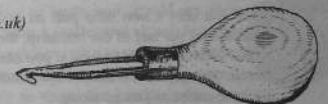


Diagram 1

Note 1: A wide variety of materials can be used in rag rug making: sheets, blankets, jumpers, dresses, ribbons, leather and even plastic bags.

Method:

1. First of all, work out your design and practise drawing it several times on a piece of paper.
2. Draw a square 4" (10 cm) in from the edges of the sacking cloth and then fold the material in quarters, to find the central point. Sketch out your design, on the cloth, using a soft pencil. Make sure that it is centred in the middle of the material. When you are satisfied with your drawing, go over it with the marker pen. (Diagram 2)
3. Fix the material to the frame with drawing pins or a staple gun, trying to keep the cloth as taut as possible. You can now begin to hook the rag rug.
4. Cut out a strip of black material ¼" to ⅜" (6 to 10 mm) wide, and at least 6" (15 cm) long. Always cut straight along the line of the fabric, never diagonally.
5. Hold the hook in your hand as if you were going to write with it, keeping the angle of the hook upwards, then push it firmly through the hessian from front to back. (Diagram 3)



Diagram 3

14 Winter Crafts: Rag Rugs

Make the hole big or your hook will catch on the threads as you bring it back. When you make the next hole, the first one will close up.

6. Hold the strip of material you are going to use in your left hand and catch it up with the hook. (Diagram 4)
7. Bring the end to the front and leave 1" (25 mm) above the fabric.
8. Working from right to left, move about two threads away and push the hook into the fabric.
9. Catch up the next bit of material and pull it through to the front to make a loop ½" (12 mm) tall.
10. Work across the fabric in slight curves until you finish the strip of material. Leave the end as before, 1" (25 mm) above the fabric. (Diagram 5)
11. Turn the frame over and check your loops from the back. If they appear like a flat row of running stitches, then you are doing them correctly. If there are lumps, you are not making the holes big enough for the material to pass through easily.
12. When you start a new strip pull its end through the same hole as the end of the last strip, then proceed as before. However, do not worry if you cannot make the joins in this way, as it is not always possible. The ends can be trimmed as you go along.
13. Proceed in this way, first with the outlines, then with the filling in, until the pattern is complete.
14. Once you have finished, take out the staples or drawing pins and remove the wall hanging from the frame.



Diagram 4



Diagram 5

Note 2: Always work in the same direction, or you will find that each loop pulls out the previous loop. Do not be tempted to run a strip from one area to another under the fabric, as you will be sure to catch it up later – it is much easier to just snip off the material and start again.

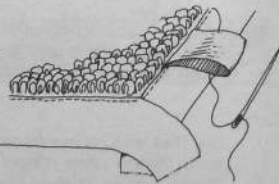


Diagram 6

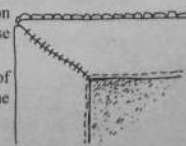


Diagram 7

Binding the Rug

1. Trim round the raw edges of the fabric to leave a border of about 2" (5 cm) all round.
 2. Cut diagonally across the 4 corners ½" (1 cm) away from the weaving.
 3. On the front of the rug, stitch the carpet braid to the base fabric on three of the sides, as close to the weaving as possible, (diagram 6). Use backstitch.
 4. As you sew what will be the top edge of your rug, place the pieces of ribbon, folded in half, at intervals along it and stitch them in, leaving the loop sticking out.
 5. Turn the rug over and trim away excess braid at the corners.
 6. Fold the braid down onto the wrong side and backstitch it to the reverse side of the rug, leaving the corners until last.
 7. At the corners trim the braid carefully. Fold the pieces down and stitch them together (diagram 7). The corners should not be bulky.
- You have now finished your rug!

Winter Crafts: Wooden Spoons 15

Wooden Spoons



Whittling is one of the oldest and simplest crafts that there is; it requires no specialist tools and uses materials that are available free of charge in the countryside.

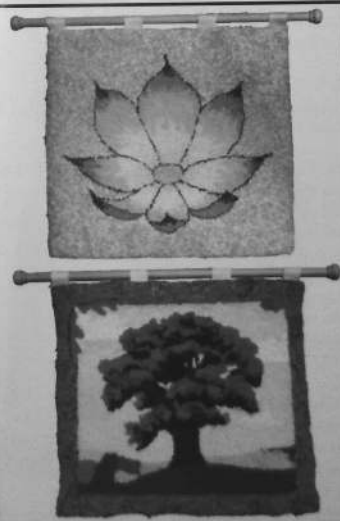
Creating Your Own Masterpiece:

The spoons pictured on this page were carved from elm and hazel logs; the trees were coppiced last year and the wood allowed to dry in the open air over the summer; they could equally well, however, have been carved out of a log selected from the wood pile. A block of wood can be cut to approximately the right shape for the sort of spoon that you want to make with a saw; it should be free of knots and should not show signs of any splits. Excess wood can be removed with a mallet and chisel, but once the spoon shape has been defined it is best to start working with a sharp knife - a sharp penknife, a craft knife or Stanley knife can all be used for this purpose. It is probably

advisable to shape the handle before you start to work on the bowl. Opinions vary as to whether the inside or the outside of the bowl should be carved first - you will have to decide which approach suits you best. It is difficult to hollow out the inside of the bowl with an ordinary knife and it is advisable to purchase a gauge such as the one pictured on the right for this purpose, particularly if you intend to carve a spoon with a deep bowl.

The spoon can be smoothed with varying grades of emery paper, and finished off with fine sand paper.

For a perfect finish, wet the spoon, allow it to dry and then sand again; repeat this process a couple of times. Finish off by rubbing olive oil into the spoon.



Left: Rag rug wallhangings made using the instructions on page 13 & 14: a Lotus and an Oak Tree



Isidore and Mariannik

A traditional Breton story, retold for the Central Brittany Journal by Bethan Lewis.

Once upon a time there lived near Guiscriff an old couple called Isidore and Mariannik. They had a little farm, called Loj ar Bleiz, and Isidore grew hemp and apples and buckwheat. Mariannik spun the hemp and made it into shirts, and they drank the sweetest cider and ate the crispest pancakes. They would have been quite content if they only had some children.

They had made many pilgrimages to sacred places, and prayed to all the saints in heaven but it was as if they stopped their ears and said: "N'entend ket, n'entend ket" (I do not understand).

That year, after they had made their usual pilgrimage, Isidore said that he would not go again. He was growing old, and the journey was becoming difficult. Henceforward he would stay at Loj ar Bleiz.

Now, the old couple had a field that lay beside the open heath of Kermoalet.

It was here that Isidore grew his



hemp, and a finer crop had never been seen. He went to look at it every day, for he knew that fierce winds could come blowing across the heath, and he was afraid the plants might be flattened.

One day Isidore was standing by his field when a great storm arose. In the blink of an eye it tore up the ripening hemp, and Isidore had to run and seek shelter.

He entered a sunken path and walked on until he came to a thicket. Through the trees he saw a charcoal burner's hut, which he had never seen before.

"I am in luck," he thought. "I can take shelter here from the storm."

He went over to the hut and opened the door. Inside was an old woman, wearing a round bonnet. She was stirring a cauldron of oat gruel, over a fire of heather and bracken. When she saw the old man she became very frightened.

"Unhappy man," she cried. "Why have you come here? Do you not know that this is the home of the Caragine? He hates all mortal men, and may even kill you."

"For the love of God," said old Isidore, falling to his knees. "Save me from the Caragine."

"I will do what I can," said the old woman. "Never let it be said that Zabel Goz (old Isabel), the Caragine's serving-woman, helps her master in his evil ways."

So saying, the old woman hid Isidore beneath a pile of faggots.

In a little while the Caragine himself came to seek shelter from the storm. He was very tall, and the trees bent as he passed by. He stopped on the threshold and sniffed the air.

"A mortal man has been here, Zabel," he said. "In fact, he may be here still, for I think I can smell him."

"Oh no, dear master," said Zabel Goz. "It is the oat gruel; think no more of it. You are tired and wet. Come in and warm yourself by the fire. Eat some of this delicious gruel, and drink this foaming cider."

The giant sat down and began to drink jug after jug of cider. At last he became drowsy and rested his head on the table. Before long he was asleep, and Zabel went to bed and also fell asleep.

Isidore crept out of his hiding place and tiptoed across the room to the door. He hurried out and soon came to the road to Loj ar Bleiz. The storm was over and the night was calm. The moon shone in the sky, and was reflected in the waters of the Deer Pool. As Isidore drew nearer, he saw a white shape coming towards him.

"Who can this be?" he thought, and began to tremble. "Perhaps it is Ankou himself."

The white shape came closer and he saw that it was a beautiful maiden. Her golden hair floated out behind her, and she was dressed in a linen gown that reached to her feet.

"Do not be afraid Isidore ar Bragou Bras, she said. "I mean you no harm. I am the fairy of the Deer Pool and I have known you for many years. I know the danger you have been in, and I can tell you that you were within an inch of losing your life. Good men like you should not have to suffer at the hands of wicked people, and I will give you a present to make up for your fright. Take this white cloth and spread it over the table at Loj ar Bleiz. Each time you open it it will be covered with the choicest food. Go, you are always kind to the poor; now you will be able to feed them all. Invite them and invite your friends. They will become your children, and there will be many happy days at Loj ar Bleiz."

"Good fairy," said Isidore, "how can I thank you?"

"It is very easy," said the fairy. "Follow my advice and every day invite the poor and needy to your table. With this cloth I give you a second gift. Take this stick; it has magical powers. It will protect you from anything. When you wish to use it, say 'gret ho michen!' (do your work) and when you wish to stop it say 'ouazé, ma goalik!' (stop my stick). Now farewell, Isidore ar Bragou Bras. Be kind to the poor, beware of false friends, and be content."

18 Breton Story: Isidore and Mariannik

Isidore hurried home and found Mariannik anxiously watching out for him. He told her all that had happened, and showed her the white cloth.

"Now," he said, "let us see what the fairy has given us."

He spread the cloth on the table and there appeared before their wondering eyes the most delicious food and drink they had ever seen.

"It seems selfish to keep all this to ourselves," said Isidore. "Let us invite our friends Francis the miller, and his wife Katel Goz, to take supper with us tomorrow."

The next day Francis and Katel arrived, full of excitement about the meal. They were surprised to find Isidore smoking his pipe, and Mariannik spinning at her wheel.

"Am I mistaken," asked Francis, "or did you invite us to supper tonight?"

"I did indeed," said Isidore. "Here is the cloth, and we shall be served immediately."

As if by magic, the dishes appeared, loaded with cakes, fruit, victuals, and delicious wines. Francis and Katel rubbed their eyes, and thought they were in a dream.

"What has happened to you my friend?" asked the miller. "Did you meet with a fairy on the road?"

"Maybe, maybe not," said Isidore, who remembered the fairy's advice not to trust false friends. "Whatever the case, this cloth and that stick in the corner are certainly mine."

They began to eat and drink and old Isidore grew very talkative. He forgot the fairy's words and told the miller all about how he had been given the tablecloth.

"Oh no, my cloth does not come from Rennes or Quimper, it is a gift of the fairies," he said. "I shall not tell my secret to anyone, not even Francis."

He and the two old women fell asleep, and only Francis the miller remained awake. He arose, hid the magical tablecloth in his breeches and left a cloth from the closet in its place. He returned home, delighted to have got the wonderful cloth for himself.

When Isidore and Mariannik awoke they saw what had happened.

"Do not cry, Mariannik," said Isidore. "Francis has left us the stick and we will use that to punish them."

A few days later Francis and Katel received another invitation to supper at Loj ar Bleiz. This time there was only plain fare, and Mariannik and Isidore were silent and thoughtful. The miller and his wife were ashamed, and wanted to return the stolen cloth, but their pride prevented them.

Before they returned home Isidore gave Francis the magic stick.

"Here, take this," he said. "It is growing dark, and this stick will protect you."

In his head he thought: "In a quarter of an hour 'gret ho micher'."

When they were half way home the stick flew up into the air and began to rain down blows like hailstones in March.

"Let us hurry back to Isidore," cried the miller. "We must apologise for what we have done!"

The stick chased them all the way to Loj ar Bleiz, and they fell to their knees before Isidore and Mariannik.

"Forgive us, friends, forgive us," they cried, and the stick fell to the ground.

"Ouazé, ma goalik," said Isidore. The friends embraced and kissed each other and they decided to hold a celebration, and to invite all the people round about.

From that time forth, Isidore and Mariannik lived happily, and were loved by everyone. No one in Guisriff ever went hungry, and amongst the poor folk they were known as Father and Mother.

English Assault on Morlaix - 1522 19

ENGLISH ASSAULT ON MORLAIX - 1522

In the late 15th century, Morlaix, situated on the border between Léon and Trégor, was one of the most prosperous ports in Brittany. It was the centre for the lucrative linen trade with Europe, and also the base of notable corsairs, such as Jean Coatanlem, who was the scourge of foreign ships in the Channel during these years. Called pirates by their victims, corsairs actually had official letters of permission to 'course' enemy vessels, confiscating their cargoes and taking valuable prisoners.

So devastating were the activities of Coatanlem that a trio of English ships convened at Bristol and, after many prayers to Saint George, set out to find and defeat him. Coatanlem got the better of them, however, and then followed up his success by sailing into the harbour at Bristol, burning the city and taking many noblemen captive.

This happened at an unfortunate time for Francois II, last Duke of Brittany, who was trying to establish good diplomatic relations with England. He did not punish Coatanlem, but encouraged him to pursue his business elsewhere for a while. The attack on Bristol, which went so much further than customary skirmishes at sea, was not to be forgotten by the English, even if vengeance was a long time coming.

The event remained strong in the memories of both sides in 1522 when the English attempted an elaborate raid on Morlaix, intending to inflict the sort of large-scale damage that Bristol had suffered at Coatanlem's hands. Henry VIII, king of England, had just made a treaty with Charles V, the Holy Roman Emperor, and now was supporting him in a war against the French. English ships were beginning to take aggressive action in the Channel. In late June 1522, Thomas Howard, Earl of Surrey, was at the head of an English fleet of 60 ships off the north coast of Brittany, after an earlier assault on Cherbourg.

The day of the attack on Morlaix, 4th July, was carefully chosen. The Breton nobles were at a military review at Guingamp and most merchants were also absent from the city at a fair at Noyal-Pontivy. It was a well-planned action, aided by the treachery of Latrigle, a lieutenant who gave vital information about the city's temporary lack of defence, and opened the gates of the château at the appropriate time.

Groups of English troops dressed as peasants and merchants entered the city before the main assault, whilst others positioned themselves in the Bois de Styvel to await nightfall. The plan was to bring the ships right up into Morlaix at high tide in the evening to be



THOMAS HOWARD

The English Assault on Morlaix is kindly contributed by Wendy Mewes, author of *Discovering the History of Brittany*, a concise well-illustrated history from Neolithic times to the present day. Published January 2006. The book is distributed by COOP BREIZH, 29540 Spezet, and available from any bookshop, or direct from Red Dog Books www.reddogbooks.com 02 98 24 15 19

Price 13.50 euros.



20 English Assault on Morlaix - 1522

ready to receive booty and prisoners, but suspicious peasants along the rade near Curburien felled huge trees and threw them into the water, branches and all, blocking the channel near the convent of St Francis. The sailors were thus forced to make for the city on foot.

At midnight a signal was given and a night of pillage and carnage began. Much of the city was destroyed by fire, including the hotel de ville and all the official archives it contained. The contemporary Chronicles of Alain Bouchard record that numerous inhabitants fled into the surrounding woods and villages, carrying as many possessions as possible and hiding their valuables underground or in the leafy branches of trees.

Albert le Grand, writing in the 17th century, gives a graphic account of heroic behaviour on the part of two individuals faced by this sudden calamity. Jehan Periou, rector of Notre-Dame-du-Mur, raised the bridge to the door of his church and retreated up the tower. There he tried to fend off his attackers with blows of his musket, but was finally overwhelmed and killed.

A chambermaid in Grand Rue tried to protect herself and her master's house by opening the cellar trap in the hall and then releasing a valve which caused it to flood with water from the river Jarlot. In the darkness many hapless English plunged into this trap as they piled into the house, and drowned or suffered broken limbs. The maid was finally cornered upstairs and threw herself to her death from an upper window.

After a night of looting, the English began to leave the next morning with their plunder. Some 600, however, lulled into a sense of security by the complete lack of resistance to the attack, hung around to enjoy the wine in the cellars of houses along the quay and then sleep off their exertions in the Bois de Styvel.

By this time, word of the raid had reached Guingamp and the Count de Laval led the returning Morlaisien nobles and their troops, who were in time to catch these stragglers. The name of a fountain (Fontaine aux anglais) on the Quai de Tréguier in Morlaix, where the water is said to have run red with English blood, commemorates this event.

Morlaix took a long time to recover from the attack and it was ten years before the city was fully rebuilt. Other places in the area, such as the Manoir de Lézireur, were also plundered in the 1522 raid, and serious measures were needed to protect the Bay of Morlaix from future such incursions.

The first line of defence was a series of batteries manned by locals along the estuary. These were established at strategic points such as the Pointe de Penallan near Carantec and Barnenez on the opposite coast, but another major work was also taken in hand. In 1543, work began on the fortification of a rocky island, now known as the Château du Taureau, at the entrance of the rade. This stronghold was to house a garrison of about thirty men and control the approach to Morlaix with its strong fire-power.

The coat of arms of the city of Morlaix bears the lion in opposition to the English leopard. Possibly from memory of this incident of 1522 also comes the motto of Morlaix, a clever pun on its name. 'S'is te mordent, mord les! (If they bite you, bite them back.)

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What's On 21

What's On

Sundays in January

Bric-a-brac/book sales Fleur de Bretagne, Rostrenen, plus:
Jan 8th Help/advice with your computer/Internet connection;
Jan 15th Tarot card readings; **Jan 22nd** Coffee painting demonstration, **Jan 29th** Reiki tester sessions. "Fleur de Bretagne", (Camping Rostrenen) Kerandouaran, (dir. Silliac). Call Ray/Yvonne on 02 96 45 79 11 or Jennie/Dave on 02 96 29 15 45 to book a table or more information.

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 Cléguérec. 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 Bibliothèque, 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 too. Membership 15€ a year. French neighbours are welcome too, and details can be obtained from Dennis & Liz. 02 98 73 83 27

Thursday January 5th
 Quiz night at Fleur de Bretagne, Rostrenen. 5€ Entry fee (includes light supper) More information: 02 96 29 15 45

Friday 6th, Tuesday 10th and Wednesday 11th January
 AIKB Portes Ouvertes: **Fri. 6th**, 2pm to 7pm, at the Lycée St Yves in Gourin; **Tues. 10th January** at the IAREP de Campostal in Rostrenen: from 2pm to 7pm and **Wed. 11th January** at the Pavillon de Rohan in Gouarec from 2pm to 7pm. Lots of information about their French courses, Crêpe making courses, the cultural activities and administrative talks that are planned for 2006. Tel: Liz on: 02 96 24 87 90 for more information.

Sunday January 8th & Monday January 9th
 Callac cinema English language film: "The Three burials of Melquiades Estrada" 9 p.m. start. Winner of Best Actor and Best Scenery at Cannes Film Festival. Directed by Tommy Lee Jones, starring Tommy Lee Jones, Barry Pepper & Julio Cedillo. 2 hrs.

Sunday January 8th
 Indoor car boot sale. Tables free but booking essential. Carolann's, Carnoët. (On left as you enter village). Well marked. 10 a.m. - 1.30 p.m. Hot food available incl. fish & chips. 02 96 21 54 62

Thursday January 12th
 Pool tournament at Fleur de Bretagne, (Camping Rostrenen) 5 € entry Tel: 02 96 29 15 45 for more information.

Tuesday January 17th
 Salsa lessons, at La Petite Cave, Place de l'Eglise in Bourbriac. 8pm. All welcome including beginners. Come and have fun. Information: Jeanie on 06 79 24 90 28.

Tuesday January 17th & Tuesday January 31st
 Wildwalks organise a monthly programme of guided walks. **Tues. 17th**: Huelgoat 2.00pm. Meet: car-park by Marie. Approx. length 7.5 km / 2 1/4 hours. Cost 3 €. And **Tues. 31st** Ty Green 2.00pm. Meet: parking by crêperie at Ty Green on main road (D785) between Pleyber Christ and Plouneour Menez. Approx. length 8 km / 2 1/2 hours. Cost 3 €. For more information: 02 98 24 15 19

Fleur de Bretagne
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 Come and join us every Thursday Evening 7.30 pm
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 Jan 12th Fun Pool Tournament
 Jan 19th Test your French Numbers BINGO
 Jan 26th Fun Sports Competition
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 30€ for 5 sessions, + materials
 Penmoplot, 22110 Kergrist Moëdic
 tel 0296 36 59 00 www.chatquilte.com

Thursday January 19th
 Bingo night at Fleur de Bretagne, (Camping Rostrenen) 5 € entry Tel: 02 96 29 15 45 for more information.

Thursday January 26th
 Darts tournament at Fleur de Bretagne, (Camping Rostrenen). Entry fee 5€ includes supper. More info: 02 96 29 16 45

Friday January 27th
 The Ragamuffins play Old Time jazz at James' Pub/Café (The Brasserie) beside the Maine in Carnoët. 9 p.m. start. Free entry.

Tuesday January 31st
 Quiz night at Au Rendez Vous Des Celtes, Plussulien. Starts 8pm. Many prizes: 5€ each to include Annie's Steak Pie and Chips. Teams of four(ish) booking recommended. Normally held 4th Tuesday of each month. For details or to book 02 96 24 04 26

Wednesday February 1st
 French classes at Rendezvous des Celtes restaurant, Plussulien recommence. 7.30 p.m. Booking necessary. Please call Peter on: 02 96 36 59 00.

For a free listing in the What's On column please send items to: cbj222956@aol.com

F. A. Q. 16



(Screen Name for AOL) and the password for that name. It gets complicated if you have more than one email address.

One point of caution: when using Internet Cafés it is wise to cover your tracks when you finish a session. Do you really want someone like me looking at all the places that you've been? I can, and so can others who might not be as honest.

Because Internet Cafés invariably offer Internet Explorer for browsing, it isn't too difficult to clean up. Go to "Tools > Internet Options". This will open a dialogue box. Under the "General" Tab you can "Delete Cookies", "Delete Files" and "Clear History". Allow about five minutes to complete these tasks. Some very good Internet Café Managers will do this at the end of every session, but don't count on it. Most are lazy. Do it yourself. Try it at home so that you know where the buttons are.

Safe surfing wherever you are.

Q.: "I use Outlook Express for emails on my PC at home but I cannot carry my computer around when I travel. What is the best way for me to keep in touch?"

A.: If you do not have a portable computer then you will be dependent upon using other peoples' machines. Internet Cafés are the obvious answer, but they can be difficult to find and, of course, in France, they will have Windows in French! Expect to pay about €7.00 for an hour. In Spain you'll pay €3.00 and get a free drink. I cannot tell you what they charge in the UK because I have access to a computer there and all the free drinks that I want!

Whether you are lucky, like me, or have to use Internet Cafés, you will not normally be able to transfer your personal files from Outlook Express. It's quite tricky anyway, because your files are not saved in an obvious way. This is why I prefer to use Mozilla Thunderbird.

Generally you will be obliged to use WebMail. This is a facility whereby you can access your emails on the WWW using a Browser like Internet Explorer. Many people sign up with Hotmail, as Microsoft was among the first to offer this kind of service. I find their service unreliable and limited unless one is willing to pay. Yahoo offers a similar service and is better in some ways. Netscape and Lycos.co.uk can offer you free email addresses and access to your messages on the web and it's all in English! Do a search for these names and take your pick.

Since you have an ISP you could access your mail boxes at your Service Provider's web site. I've used both Tiscali and Wanadoo in France and neither is too difficult to follow. AOL users can get the same service from that web site. In all cases, you will need to know your login name



Any questions?
graxwarrior@wanadoo.fr
or leave a message with the CBJ:
02 96 21 52 21

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

Website Workshop

In November we looked at the Spam phenomenon, this month we will look at Spyware.

Q - What exactly is Spyware and should I be worried about it?

A - The term 'spyware' generically refers to software programs that will, for example, track your browsing activity, allow someone else to read your email, remember what files you download or observe what you purchase online - it can even record what you type on your keyboard. Spyware has eclipsed viruses as the fastest growing online threat; some reports estimate it has infected around 80 - 90% of computers. If you are like most Internet users, chances are you are, or have been, infected with not just one but many of these software programs. Simply surfing the Internet, reading email or downloading files means you are at risk of infecting your PC - which can happen without you even knowing it.

Q - What is the difference between Spyware and Adware?

A - Spyware is any software program that sends data back to a third party without asking your permission. Adware is any software program that forces unwanted advertising to be displayed to the user.

Q - How does it get on my computer?

A - Many programs that are free on the Internet contain spyware, such as using peer-to-peer file-sharing programs like Kazaa. It can also come from unknown sources as an email attachment.

Q - Do these programs cause any other problems?

A - Unfortunately yes, the most common issues are:

- It consumes resources on your computer and slows it down
- It can cause unexplained crashes
- It interferes with your web browser, slowing it down or causing downloads to fail

- It can 'hijack' your browser, redirecting the user to sites with objectionable material
- It slows down your internet connection because it is sending information about your surfing habits to advertising companies who then target you with popup ads that fit your preferences
- If you are paying for dialup Internet access, a slow connection will literally cost you money

Q - But won't my firewall and antivirus software stop me getting spyware?

A - Traditional firewall and antivirus software will not stop spyware getting on your computer, nor will it prevent it manifesting itself once it is there.

Q - What can I do about it?

A - There are some websites that provide a free online scan that will check your computer for any unwanted spyware. Alternatively, you can download specific trial software that you can try before you buy to see what works best for you. Many websites also review anti-spyware software, to help you with an informed decision. But, ensure you always thoroughly check what you are installing as some spyware actually masquerades itself as a removal tool.

Next month: Phishing

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- Brittany Welcome p. 11
- Groundwork Design p. 42
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Integration - Who Wants it?

There are two things that most people would recognise to be true for all human beings, one is that each one of us is a unique individual, and the other is that we are all basically the same. These two truths may appear to be contradictory but in a sense they are two sides of the same coin and when either of them is recognised as being true, barriers start to break down and people from different cultures and creeds begin to see each other as human beings, just like themselves.

There are, however, many other things that are presented to us in the guise of truths; for example from an early age we are told that we are of one nationality or another, that we belong to a particular religion and to a particular class, that we are clever or not so clever, that we are male or female, etc., etc. These ideas have become so deep-rooted that we no longer question them, but the more reliance we place upon them, the more divided we become.

Confusingly, the term 'integration' can be applied both to efforts made to transcend the differences that exist between people and also to reinforce them. If the ideal of integration is to encourage people to respect each other as individuals and to recognise that essentially all human beings have the same needs and aspirations, then it must be something that deserves everybody's support. When integration becomes an attempt to make people conform to a certain way of living, then it is part of the problem, rather than part of the solution.

Integration in Europe

As Europeans, we like to consider ourselves as being amongst the most civilised people on the planet, but recent history gives us little of which to be proud. There is nowhere in the world where a similar area of land is divided into so many different countries and where such a relatively



I am not an Athenian or a Greek,
I am a citizen of the world.

-Socrates-

small number of people speak so many different languages.

To people in the rest of the world, all Europeans appear to have more or less the same cultural background, the same history and the same religion, and it is difficult for them to understand why we should have spent so much of the past few hundred years fighting each other in a series of increasingly violent and destructive wars, culminating in the Second World War, 1939-45. Prior to the war, the Nazi party was able to gain power by exploiting the divisions that had existed in European life for centuries: they scapegoated minority groups, blaming them for problems that afflicted the larger community, and inaugurated a process which led to events so terrible that all Europeans vowed that they should never be repeated.

It was this resolve which led to the idea of European integration being embraced by some European leaders when the war was over. Unfortunately, the past sixty years have seen little significant change in the attitudes that have caused Europe to have such a bloody history - the media in each country still reports news with a local bias, politicians blame foreign governments for problems that exist in their own countries, and people are all too ready to blame minority groups for difficulties brought about as a result of their own behaviour.

Language

There are those who seek to preserve the different languages of the world, as they are, as though languages are in some way analogous to rare species of plants or animals that must be prevented from going extinct for the benefit of posterity. This attitude fails to take into account that the purpose of language is to enable people to communicate with each other.

Now that technology has enabled people living in different parts of the world to get in contact, there is a chance that people can get to know each other and realise that they do not have to be frightened of foreigners - but only if people are able to understand what each other is saying. Thus, one of the keys to integration is language.

The English Language

One of the most confusing things about the English language is that it is called the English language. It is true that it is spoken by people in England, but English institutions do not exercise any control over its use or development, in the way in which French institutions, for example, control the use of French, or German institutions control the use of German. It is a language that first broke free from such restraints a thousand years ago - when the Normans invaded Britain. William the Conqueror and his allies were responsible for killing almost everyone who was able to read or write in English, and imposed a French-speaking administration on England and Wales. For two hundred years English was a language that was spoken but not written, a condition that allowed it to evolve and change at a rapid pace. It was at this time that its grammar was simplified - nouns lost their gender, word endings ceased to change according to gender and

Europe: the most divided and least well-integrated area of the world?

Even a map such as this, which divides the continent up into a myriad of different countries and linguistic areas, is likely to offend many people who consider that their own particular identity has not been acknowledged.



Cover: The Earth from space, ©Wendy Lewis

26 Integration: Who Wants it?

case, and the tenses of verbs became less complex. At the same time, it absorbed new words from French, Germanic languages, Nordic languages and Celtic languages, all of which were being spoken by people in different parts of the British Isles. Thus, by the time that English speakers once again began to play a role in the institutions of the state, and English once again started to be written down, it had been transformed into a new language which may perhaps have been more aptly called 'European' as it arose from a mixing of the major European languages of the time.

English would probably then have suffered from a similar process of stagnation to that which has affected other European languages had it not been for the fact that thousands of English speakers emigrated to the New World. In the United States, particularly after independence, conditions existed similar to those which had facilitated the original emergence of English as a blending of European languages: the country lacked centralised institutions and people who spoke different languages lived side-by-side with each other. A new version of the English language - American English - emerged from the process. For many years European academics refused to accept that American English ought to be taken seriously, but it is this version of the language that has been taken up by the people of the world at the present time, when international travel, telecommunications and the internet have created a pressing need for a new international language.

Everyone who speaks or uses English has a chance to influence its development and the way that it is used: they can make up words, incorporate words from other languages, change the syntax of sentences, or ignore normal rules of grammar - if

Integration and France

The recent riots in French cities have brought something to public attention that had previously gone largely unremarked in the local media: if you have dark-coloured skin, it will not be easy for you to find work that is commensurate with your abilities and qualifications.

Predictably, the official response to the riots has been to make it even more difficult for people from

other people find these adaptations to be a more effective means of saying what they want to say, then they are absorbed into the language.

It is for this reason that the English language could be said to be an example of integration in action; perhaps some people in England (and America) are unhappy that their language is not spoken in the way that it was when they were young - and the whole process is anathema to schools and universities who want to lay down rules that they can test their students on - but the acceptance of change seems to be an integral part of what is required if integration is to take place.



In the 1500s the English language was still flexible enough for William Shakespeare to be able to invent words and change the rules of grammar to suit his wishes.

North Africa to come to France, and to make life even harder for young people in the suburbs - the traditional attitude towards minorities that has plagued European life for centuries are reasserting themselves.

One of the things, however, that has made France different from other countries, and which has given it a leading role in European affairs for the past two hundred years, is the legacy left by the French Revolution of 1789. One of the factors that

Integration: Who Wants it? 27

fuelled the revolution was that in the eighteenth century there were people in France who dared to put forward ideas that struck a chord with ordinary people: for example, they pointed out the absurdity of people allowing themselves to be ruled over by an hereditary monarchy; they pointed out the logical inconsistency of having an organised religion; and they questioned the notion that people of different countries were essentially different from each other. Much of the initial success of the Revolution was due to the support that these ideas received not only within France but from people everywhere.

This support was lost when events in France turned violent, and the consequent disillusionment perhaps contributed to the idea that it is not safe for people to follow their ideals - better to live in an unjust but stable society than to risk anarchy by trying to make things better.

Despite current appearances, France is, however, one country in which this cynical attitude has not managed to gain complete control. There have been several revolutions and political upheavals since the revolution of 1789, and, each time, the people of France have reasserted their desire to live in a world characterised by 'Liberté, Egalité and Fraternité' - qualities that define the ideal of a world in which people are able to live in peace and harmony with each other without concerning themselves with questions of nationality or skin colour.



Benjamin Franklin was the United States ambassador to France during the American War of Independence. It is said that he enjoyed celebrity status in the country and that for a while he was even better known than the king - Dr. Franklin porcelain dolls were a craze, and many women wore pendants and jewellery depicting his profile. It is still unclear to what extent the radical ideas of the American philosopher influenced the events that eventually led to revolution.

Integration - Who Wants it?

The question of who wants integration is not a trivial one. Everyone is aware of the gravity of the problems that the world is facing - ranging from the existence of weapons of mass destruction to global warming, and from world terrorism to inequality between rich and poor countries - and everyone knows that these are essentially not natural disasters, but problems that people have created for themselves.

Logically, if we have created the problems, then we ought to be able to resolve them, but it is clear

that this is not possible while there is so much mistrust and hostility between people living in different parts of the world.

In a sense it is not so much a question of 'Who wants integration?', as who wants it enough to stop thinking of themselves as being 'British', 'French', 'Breton', 'English', 'African', etc. and to treat other people, not as though they belong to a particular group or nationality, but as an individual, just like themselves.

GL

King Judicaël c.590 – 647 or 652

In the time of the Seven Saints there ruled over part of Brittany a King called Judaël. He had five daughters and sixteen sons, the eldest of whom was called Judicaël. They were all handsome and virtuous, and the King loved them dearly. He appointed special teachers to take care of their education, and when he felt himself to be on the point of death he called Judicaël to him, and told him to take care of his brothers and sisters, and his people, and to be a just and compassionate king.

However, before Judicaël could be crowned, the throne was seized by his brother, Haëloc, and Haëloc's teacher, a man called Rethwal. Rethwal hoped to govern the kingdom through his pupil, and was determined to remove any obstacles that stood in his way. He gave orders for the sixteen sons to be killed, and that night six were attacked and slain. The youngest boy was carried by his teacher to the retreat of St. Malo, but Rethwal pursued them and stormed into Malo's inner apartments. In spite of the saint's pleas, Rethwal killed the child: but when he returned to the castle, he found that the other eight princes had escaped. Judicaël had fled to the retreat of St. Méeñ, and at the sage's suggestion, became one of his students, thus renouncing his claim to the throne.

Although he had been brought up in great luxury, the young prince embraced the simple way of life led by the inhabitants of St. Méeñ's retreat. He performed the various duties of gardener and cook with enthusiasm, and on one occasion St. Méeñ found him outside in the dead of night, standing in the freezing river. In those days many people underwent bodily hardship in an effort to achieve wisdom, but St. Méeñ called Judicaël to him and told him that such suffering was unnecessary. Still, he was filled with admiration for the young man's dedication, and he became one of his dearest students.

Meanwhile, the evil Rethwal had died, not long after he had snatched the child from St. Malo's protection, and Haëloc was left to rule alone. He showed no regard for the needs of the people, and disliked the many wise men and women who exerted a powerful influence in his kingdom. In particular, he disliked St. Malo, who had been his father's chief counsellor, and did all he could to thwart him.

One day he learnt that St. Malo and his followers had just finished building a little sanctuary, which they had named Raux.

Haëloc announced his intention to demolish it and Malo came hurrying to the court, which was in a fortress in the forest of Brocéliande.

"Prince," he said, "I beg you not to destroy this sanctuary, which we have taken such pains to build."

Haëloc paid no attention to the saint's words, and the building was razed to the ground before the eyes of Malo and his companions.

Some days later, however, Haëloc fell ill, and lost his sight. He hurried to Malo's retreat and fell on his knees before him.

"Please forgive me," he said. "Punish me in whatever way you please, and I will accept it with my whole heart."

Malo was moved with pity, and washed the young man's eyes. Haëloc was soon healed, and for the first time, he sought St. Malo's advice on how best to govern the kingdom. St. Malo's reply was immediate: restore the throne to its rightful heir, Prince Judicaël.

There were many who expected Judicaël to refuse the kingdom, for they considered the duties of a king to be incompatible with the pursuit of virtue. However, Judicaël accepted, and his coronation was celebrated throughout the land. He soon became very popular, and many contemporary descriptions of his reign have survived:

"He was gentle and friendly with everyone," says one account, "he was tall, and well-built with a pleasant face, a mild look and softly spoken. He was on very good terms with St. Maclou (Malo) and was a sympathetic consoler of the poor and needy."

Another writer adds: "Judicaël was the eye of the blind man, the foot of the lame man and the father of the orphan. Whoever had lost relations or belongings in his own land would recover them in a foreign country if he sought out Judicaël."

His hospitality was equally famous:

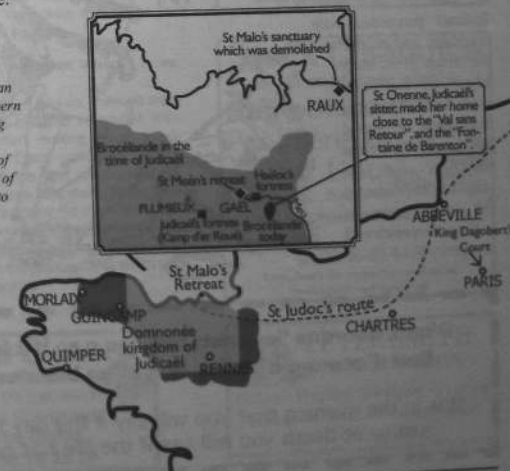
"Nothing," says the writer of the first account, "could compare to the bounty of his feasts. Nobles and commoners, the poor man and the stranger, were all met with the same joyous welcome. Never in his castle was a guest asked 'Where are you from? What are you doing here?' But he was immediately given all he required, and no one was allowed to leave without being given a gift."

He calmed with fair and gentle words the disputes and contentions that arose between the nobles of his realm, and sent them joyfully homewards. The fear alone of his name kept robbers from thieving, because God had made him strong and brave in combat, and more than once, armed only with a sword, he put the enemy troops and wrongdoers to flight."

During the reign of Judicaël, which might have lasted about thirty years, two incidents are particularly famous. The first concerns the neighbouring Franks, and their leader, King Dagobert. At that time Dagobert was on bad terms with the people of Brittany, and many skirmishes took place along the border. At last he sent an emissary to King Judicaël, threatening war if reparations were not immediately made.

Judicaël was king of Domnonée, an area that covers most of the northern half of modern Brittany, excluding Finistère.

In the time of Judicaël the forest of Brocéliande covered a large part of the centre of Brittany, extending to the west almost as far as Callac.



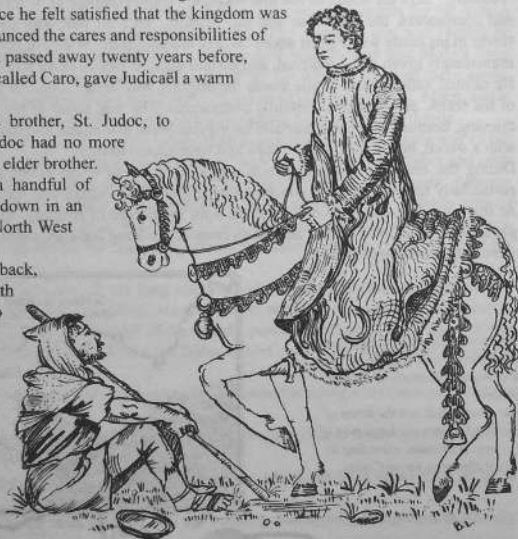
30 King Judicaël

Judicaël set out for the Frankish king's palace, and offered him many presents. Mollified, King Dagebert agreed to make peace, and war was successfully averted. Another time, Judicaël and his retinue were riding beside a river, close to the forest of Brocéliande, when they were met by a poor leper, who wished to cross over the water. The poor man begged the riders to take him onto their horses, and carry him across, but they only exclaimed at his ugly appearance, and hurried on. At last, the King, who had fallen some way behind, rode up to the leper. When he heard the poor man's pleas he dismounted, invited the man to get up into his saddle, held the bridle so he could mount, and then rode him across the water. He set him down gently on the opposite bank, and the leper blessed him, while the courtiers looked on in wonder and amazement.

However, Judicaël had never forgotten his time in St. Meén's retreat, and as he grew older he longed to return there. Even while he was a king, he had retained his simple habits, and once he felt satisfied that the kingdom was restored to order, he renounced the cares and responsibilities of the throne. St. Meén had passed away twenty years before, but his successor, a man called Caro, gave Judicaël a warm welcome.

Judicaël had named his brother, St. Judoc, to be his successor, but Judoc had no more desire to govern than his elder brother. He fled Brittany with a handful of companions and settled down in an area that is now in the North West of France.

In spite of this setback, Judicaël proceeded with his plans, and retired to the retreat of St. Meén, where he had lived when he was a young man. Here he passed his days in great happiness and his reign was remembered for many years as a time of peace and prosperity.



**D'ann, abardae 'lavarfet, hag hen a zo bet haer ann de,
Evel d'or maro a welfet, hag hi' zo bet mad ar vuhe.**

It is in the evening that you will say if the day has been fair,
Just as at death you will see if the life has been good.

Gardening 31

Seed Potatoes

Tim the Gardener

Seed potatoes start to appear in the shops towards the end of January. This month we answer some commonly-asked questions on this important subject.

Seed potatoes are much more expensive than ordinary potatoes, in what way are they different?

Seed potatoes are grown at higher altitudes, where there are no aphids. Aphids are responsible for spreading plant viruses; therefore, seed potatoes are relatively free of viruses.

What is the advantage of having virus-free potatoes?

In general, the biggest problem caused by viruses is that they reduce the yield of the crop. It is common for gardeners to save part of their potato crop each year to use as seed the following year, but to revert to using newly-purchased seed potatoes after three or four years when they start to notice a reduction in yield.

Are potato viruses harmful to eat?

One of the great things about growing vegetables is that the pests and diseases that affect the plants are completely harmless to people and animals. From a nutritional point of view, the potato may even be enhanced by the presence of viruses.

What do I do with seed potatoes when I have bought them?

Do not leave them in the bag - if you do, they will start to form long sprouts which become entangled with each other and then go rotten, making the potatoes unusable - and do not plant them - potatoes planted now will produce young shoots that are sure to be killed by the frost, not just once, but many times. Lay the seed potatoes out on trays and put them in a fairly well-lit spot in a garage or shed - somewhere cool, but frost free. The seed potatoes will form little green shoots that will develop into the potato plants when you plant them out later in the spring.

continued overleaf



It makes sense to grow at least enough potatoes to last for a few months of the year. Of course, a successful crop begins with selecting the right seed - so here are a few tips.

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32 Gardening

Seed potatoes contd.:

What happens if I miss the chance to buy seed potatoes?

Don't worry if you miss the chance to buy your seed potatoes. Shops and supermarkets sell trays of ready-sprouted seed potatoes at planting time. They are more expensive than the bags of seed potatoes, but they work just as well.

What are the best varieties?

The main factor that people consider when choosing potato varieties are firstly whether they are early potatoes, or main-crop potatoes. Early potatoes produce fewer tubers but they are ready for picking earlier in the year i.e. from late June onwards; main-crop potatoes produce more tubers, but one has to make sure that they are mature before the plants are affected by potato blight, which in this area can happen at any time from the beginning of July.

Other factors to be considered are resistance to blight, the size of the tubers, how well the potatoes store, the colour of the potatoes, and how they respond to different methods of cooking - boiling, frying, baking, etc. Most shops that sell potato seed are able to advise on which varieties do well in their area.

Why should I bother growing potatoes, when they are so cheap in the supermarkets?

Newcomers to Brittany are often surprised by how few potatoes are sold in the supermarkets, and assume that potatoes do not form a large part of the local diet. This idea is dispelled when one sees the huge quantities of seed potatoes that are sold each year, not only in garden centres and agricultural suppliers, but also in supermarkets.

The only way to understand why so many people still prefer to grow their own potatoes, is to try it yourself!

Onions

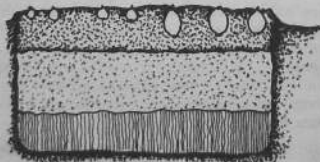
Brittany is famous for its onions. Central Brittany does not, perhaps, offer quite such good onion-growing conditions as the area around Roscoff, from where the famous red onions originate, but it is still a relatively simple matter for any gardener in the area to get a good crop without having to resort to the use of artificial chemicals or fertilisers.

For beginners, it is definitely better to start by using onion sets rather than seeds. These are small onion bulbs that were grown from seed the previous year, and which have been stored in such a way as to reduce the likelihood of them flowering in the summer.

They need to be planted straight after purchase, and the ground has to be as rich as possible in organic material. It is therefore a good idea to prepare some ground early in the month, ready for planting the sets at the end of January or early in February - whenever there are a few days when the ground is not frozen and it is not pouring with rain.

Dig a trench approximately 18 inches deep, and fill it with organic material - compost, well-rotted manure, kitchen waste, grass cuttings, etc. Onions are reputed to thrive on wood ash, and ash from the fire can therefore be added to the mix, provided that you do not burn coal. The trench does not have to be filled all at once, but can be added to as more material becomes available. When it is full, cover it over with four or five inches of top soil and tap it down gently.

The onion sets can be pushed into this top layer of soil so that their tips are just showing above the surface.



Onion sets and shallots can be planted side by side, with their tops just showing above the surface. A trench filled with compost and organic matter not only provides nutrients but also provides a well-draining soil.

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Quiz: What Bark is that?

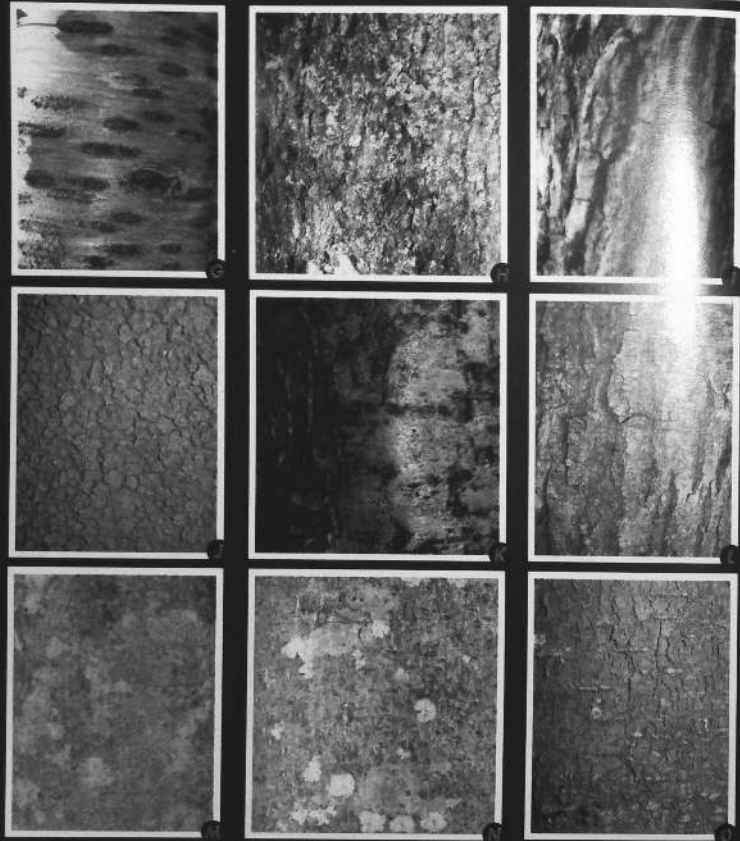
Match the tree barks below and overleaf, to the descriptions. Answers page 36



- Apple: very flaky, and often covered in moss and lichen.
- Ash: younger ash trees smooth and grey-brown.
- Bay: dark brown; breaking up into small irregular pieces.
- Beech: smooth and silver grey bark.

- Blackthorn: hard, dark brown, and fairly smooth.
- Elder: corky, soft and widely fissured.
- Hawthorn: chestnut-brown, and slightly flaky.
- Hazel: silver-grey, with the outermost layer often peeling off slightly in rolls.

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Holly: whitish-grey and very smooth.
Oak: fissured, and most often covered in moss and lichen.
Pussy Willow: Un-distinctive. Widely fissured and often covered by moss.
Silver Birch: flaky silver bark.

Sweet Chestnut: on older trees bark is deeply fissured and twists around the trunk.
Wild Cherry: red-brown, and particularly characterized by oval spots which go around the trunk.
Yew: chestnut brown, flaky, and knotted.

WORD SEARCH

FIND THE **51 DOG BREEDS** HIDDEN IN THE GRID BELOW

Words can run forwards, backwards, up, down, and diagonally. Letters can be used more than once.

| | | | | | | | | | | | | | | | | | | | | | | |
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| N | E | A | E | A | P | N | R | P | T | O | P | U | L | E | U | O | D | S | A | U | O | H |
| T | L | L | P | T | W | P | R | E | I | R | R | E | T | E | R | I | H | S | K | R | O | Y |
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| R | D | A | I | A | G | R | U | H | B | N | O | L | E | R | O | A | U | H | E | A | L | A |
| E | E | T | H | N | I | O | W | S | A | T | A | E | E | L | U | S | N | O | Y | R | E | E |
| Z | R | I | W | E | L | I | D | P | K | T | S | I | F | S | P | E | D | A | G | O | G | S |
| U | I | A | R | Z | L | D | S | L | P | Y | R | H | T | I | S | B | A | S | E | N | J | I |
| A | A | N | R | R | A | R | R | U | L | R | O | U | T | A | L | U | I | M | E | L | I | S |
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| H | E | X | B | K | P | T | D | T | N | G | B | T | L | L | R | L | F | K | M | B | F | F |
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| S | L | O | X | E | K | R | O | E | E | P | U | I | C | H | U | Y | L | E | H | A | T | B |
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|------------------|-----------------|------------|-------------------|
| ABERDEEN TERRIER | DINGO | PEKINGESE | WELSH CORGI |
| AFGHAN HOUND | DOBERMANN | POINTER | WHIPPET |
| AIREDALE | FOXHOUND | POODLE | YORKSHIRE TERRIER |
| ALSATIAN | FOX TERRIER | PUG | |
| BASENJI | FRENCH BULLDOG | RETRIEVER | |
| BEAGLE | GREAT DANE | ROTTWEILER | |
| BLOODHOUND | GREYHOUND | SALUKI | |
| BORDER TERRIER | GRIFFON | SAMOYED | |
| BORZOI | HUSKY | SCHNAUZER | |
| BOXER | IRISH WOLFHOUND | SEALYHAM | |
| BULLDOG | KEESHOND | SETTER | |
| CAIRN TERRIER | KOMONDOR | SHEEPDOG | |
| CHOW CHOW | LABRADOR | SHIH TZU | |
| COCKER SPANIEL | MALTESE | SPANIEL | |
| COLLIE | MASTIFF | SPITZ | |
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ANSWERS TO TREE QUIZ

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- | | |
|-------------------|-----------------|
| A. Apple | H. Oak |
| B. Hawthorn | I. Elder |
| C. Beech | J. Bay |
| D. Yew | K. Hazel |
| E. Sweet Chestnut | L. Pussy Willow |
| F. Silver Birch | M. Holly |
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3€ 25 words

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services continued page 40

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42 Property

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• Building Tip: • Rats and Mice in the Roof

Sadly, it is not uncommon for Breton houses to have rats and mice living in the roof, particularly during the winter. The local solution is to put down poison (hence the aisles of toxic chemicals in the supermarket and garden centres). If you find this solution unacceptable, you can try to exclude them from the house by blocking up all the possible points of entry. Rats and mice do not usually live in the roof permanently, but will almost certainly have many points of entry and exit. These will generally be under the gutters: both rats and mice find it relatively easy to climb up stone walls because the surface is irregular enough for them to grip. Chicken wire scrunched into balls is one of the quickest and most effective means of blocking a hole. In the long term, it is probably advisable to fill it over with cement. It may not be possible to block every entry into the roof, but by blocking most of them, you may succeed in making the roof an unattractive place for rodents to visit.

Gateway-to-french-property.com

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FOX (*Vulpes vulpes*) French: Renard Breton: Louarn

The fox is a creature which nearly everyone has seen, and is quite unmistakable. A little like a large cat or a small dog, but with a much bushier tail than either, it can often be seen in the daytime although it is generally nocturnal.

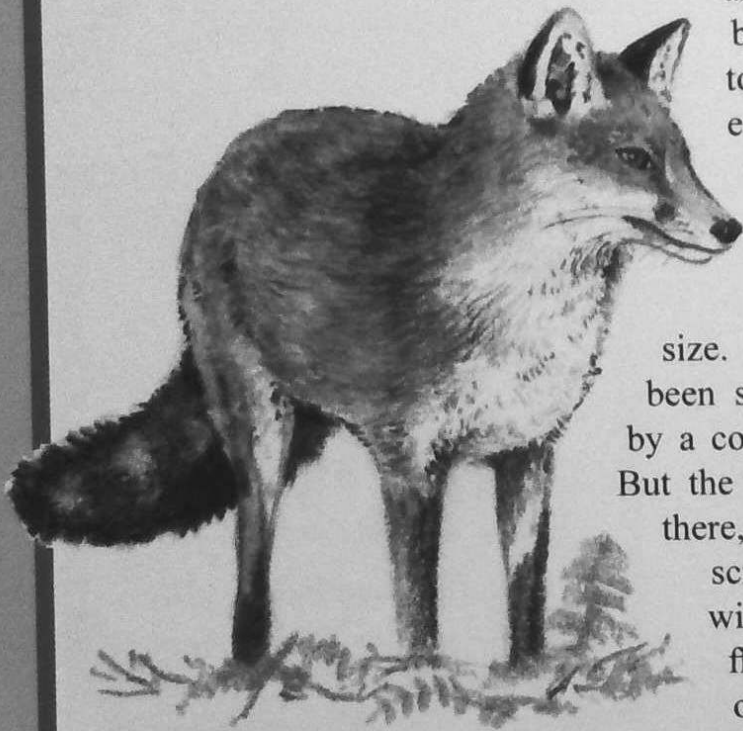
They will eat almost anything, and are very fond of poultry. Once the fox enters the hen house it will kill all the inhabitants, and take away only what it can immediately eat. This surplus killing has made them particularly unpopular with anyone who has chickens, but it is something which only happens in man-made hen houses. In the wild it is not 'surplus' killing, because most of the prey is able to fly away, and the rest is stored for times of hardship.

For a vegetable gardener, foxes are an animal to be encouraged. They catch enormous amounts of rats, mice and voles, and also eat rabbits, snails, beetles and other large insects. In Autumn they will eat blackberries from the hedgerows, as they are not averse to fruit when they can get it!

The fox is an animal featured in countless stories and fables, and he is always portrayed as a cunning character. This reputation has been given to the fox by those very well acquainted with his behaviour. Its method of catching large prey, such as rabbits, has been recorded again and again,

and is extremely sly. It will come as close as it dares before the rabbits run away, then roll on its back, try to catch its tail and perform other playful tricks whilst edging closer and closer. The rabbits will watch in surprise and interest until they are snatched by the fox and taken off.

The fox's cunning has enabled it to adapt to urbanization better than any other animal of its size. Living on rats, mice and rubbish bins, foxes have been seen regularly in city centres which they navigate by a complex network of parks, gardens, and green areas. But the foxes of the town, like the sparrows and pigeons there, are altogether thin and scrawny-looking, compared with the fine, bushy-tailed, fluffy, red-coloured foxes of the countryside, living in their natural habitat.



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