

May 2017  
CLUB INTERNATIONAL  
du QUERCY

## WOTTA LOTTA TALENT



### ART

In the Clubroom this May and June, there'll be an exhibition of varied artwork including masterpieces from the **beginners drawing class** and the **mosaic** and **pottery** workshops. Once again, these creative and artistic workshops have proved hugely popular.

### PHOTOGRAPHY

The 2<sup>nd</sup> series of photos, **The Sky**, is currently adorning the Club wall. As before, the images are stunning so take time to stop and admire them when you're next in the Club.

In September/October, the exhibition will be **The Market**. When out and about this summer, at the market or Marché Gourmande, remember to keep your photographer's eyes wide open to capture those interesting or unusual shots.

Your photographic challenge for December/January is **The Farm**.

### NEEDLECRAFT

This gifted group of needlewomen will be exhibiting their work in October/November.

## Inside this Issue

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*Behind every great  
man is a woman  
rolling her eyes.*

Jim Carrey

## PLANT EXCHANGE 29<sup>TH</sup> APRIL



The perfect weather on Saturday enabled this event to be held in the sunny courtyard outside the Club.

Ann Golesworthy and Rosemary Keeley 'manned' the stall, offering advice on growing the various indoor and outdoor plants donated by fellow club gardeners.

As we all find out, gardening in this area offers challenges we may not have expected so it's very helpful being able to draw on the experience of those who've come to understand the climate, soil types and which plants are likely to survive, and where.

## Brantôme

## Le Château de Puyguilhem

## Bourdeilles



## April 28<sup>th</sup>

13 club members travelled to the beautiful Donne region of Périgord. Our first stop was the Château de Puyguilhem (see photo) where the sun shone on us and a very informative guided tour was given.

We then headed to Brantôme ("Venice of Périgord"), where we enjoyed an extremely good lunch followed by a relaxing boat ride along the Dronne river to view the Benedictine Abbey and the 11<sup>th</sup> Century Bell Tower.

Our final stop before heading back to Montaigu was the village of Bourdeilles with its mighty fortress and octagonal keep.

## FIRST AID COURSE 27<sup>th</sup> April

Two humorous and informative pompiers, both Mr Maury (father & son) gave their time to impart potentially life saving information. They covered not only 1st aid itself but also the vital details we must give the emergency services to enable them to act fast, find us easily and arrive armed with the right equipment. The pompiers also went through the basic treatment of burns, coping with fires and what to do if someone is choking. Their demonstrations of heart massage (on adult & child dummies) and how to operate a defibrillator were extremely useful too. **(NB** in case of emergency, you'll find a defibrillator outside Montaigu Salle des Fêtes).



For anyone keen to gain in-depth knowledge of First Aid, the pompiers offer a full training course, which is fee-paying.

Julia Jones, who ran and translated this event, gave us further useful and highly relevant information, including how to deal with the all-important paper work required by hospitals and by insurance companies following a car accident.

By popular demand, this course will be repeated on May 18th: an invaluable and educational way to spend a couple of hours.

## WINE & CHEESE TASTING 21<sup>st</sup> April

Amandine Falga of Cave de la Fiole, a long-established wine and spirits merchant in Moissac, gave an informative presentation of 8 of her lesser-known French wines from areas where young, innovative vintners are energising the wine world. The wines were of differing grape types, regions and were reasonably priced (between 6,45€ - 9,40€). The tasting quantity was generous and although spittoons were provided, I couldn't help noticing they weren't overused. To complement each wine, Colette Guichard selected 8 superb cheeses, all sourced in Montaigu market.

Jan Emery cheerfully served bread and cheese all evening without touching a drop. Such restraint.



It was a tasting with 'something for everyone' – we probably all had our favourites – as demonstrated when the wines were offered for sale at the end of the evening.

Yet another very successful sell-out event and a real team effort, led by Sue Gauntlett.

## Keeping BODY and SOUL together

Latest Club activities

### MEDITATION is not weird.

Many hospitals and corporations like Google, Nike, and Apple now provide time and teachers for employees and patients. As you might imagine, it's not entirely altruistic. Results show dramatic improvement in morale and performance and patients require less long-term care.

Having taken a number of courses in Mindfulness meditation in the UK, Dave Bloomfield is offering his insights to Club members. The Wednesday sessions last an hour and involve discussion (in French and English) before meditation. Dave creates a quiet, soothing environment in the Club - you sit comfortably upright, feet flat on the floor or lie down; eyes closed and concentrate on breathing. With experience, meditation can be done anywhere. But for beginners, just being still, while focussing on breathing is hard, particularly for those used to rushing around. Dave assured us that this focus is achievable with regular practice. The aim of meditation is to become more aware of your thoughts, to be calmer, more positive, to 'de-clutter' your mind enabling you to cope with 'life'.

As Dave is not in France all year round, Ria van der Heijden has volunteered to lead some courses. Her particular interest is Chakras or centres of energy. If any other members would like to lead a meditation session, please let Dave or Anne Gibbs know.

**Sessions in the Club – Wednesday 17h-18h**

**DO-IN** a Japanese self-massage/exercise technique

Véronique Evrard leads this course. Although everyone can benefit from Do-In regardless of age or fitness level, before the session, Véronique ensured she was aware if any participant had a physical problem.



The session starts by concentrating on breathing, with the emphasis on exhalation, which rids the body of toxins and carbon dioxide. This is followed by gentle massage movements and tapping the body, starting at the head and working down towards the feet. Massage is an important way of energising the body.

Do-In movement and stretching exercises can be adapted to individual needs and have a lot in common with yoga postures and Pilates. It's possible to remain seated for the whole session but for the more agile, exercises can be done standing or sitting or lying on a mat.

Apart from possible use of a floor mat, you need nothing except comfortable clothing, which allows free movement.

**Next session**

**Thursday 4<sup>th</sup> May from 10h-11h – in the Club room.**

The location of the following 4 sessions to be agreed by the group. If there were sufficient interest in Do-In, Véronique is happy to continue the course on a permanent basis.

## New Members – welcome!

John HATFIELD (Br)  
Hilary HATFIELD (Br)  
Carol STEVENSON (Br)  
Irene BERESFORD (Br)  
Janet COMBER (Br)  
Richard COMBER (Br)

## DIARY DATE

2<sup>nd</sup> July @ 3pm

Montaigu Salle des Fêtes

## La Joie du Chant



The choir, singing in French and English, will perform an eclectic choice of well-known songs penned by pop royalty such as Neil Diamond (I'm A Believer), Charles Trenet (La Mer) and Freddie Mercury (Bohemian Rhapsody).

If you enjoyed their 1<sup>st</sup> concert, you'll LOVE this one.

## Calendar of Events - May

### Petite Randonnées

*Special treat - morning and afternoon walks to celebrate 3<sup>rd</sup> anniversary of Peter Gauntlett's short walks*

Date: 2 May  
Time: 10h00 & 14h00  
Where: Monflanquin

### First Aid Course

Date: 18<sup>th</sup> May  
Where: Club Room  
Time: 17h00 - 1900

### Randonnée

Date: 19 May  
Time: 9h30  
Where: Dausse – parking by church  
Lunch: Le Peyragude, Penne d'Agenais

### Trip to Châteaux de la Loire

Date: 29 May – 2 June

	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Monday	10.00 – 12.00 Bilingual Conversation <i>Julia Jones</i>	18.00 – 19.00 La Joie du Chant <i>Jenny Grimshaw</i>	19.30 Troupe des Acteurs du Quercy**Salle des Fêtes
Tuesday	10.00 – 12.00 IT workshop <i>Carol Fenn</i>	15.00 – 17.00 Board Games <i>Maroussia Romanoff</i>	
		First Tuesday of the month Short walk <i>Peter Gauntlett</i>	
Wednesday	09.00 – 10.30 Pre-intermediate English <i>Anne Gibbs</i> 10.30 – 12.00 Beginners English <i>Geoff Price</i>	13.30 – 16.30 Beginners French 13.30 Simple French 14.30 Grammar 15.30 Conversation <i>Sue Gauntlett</i>	20.30 QuercyCorum** ( <i>contact Lia van de Sande liavandesande2@gmail.com tel: 05 63 95 38 23</i> )
Thursday	11.00 – 12.30 Intermediate French <i>Philippe Ertzer</i>	13.30 – 17.00 Bridge <i>Patrick Keeley</i>	17.00 Photocopier access for Clubs <i>Jan Emery</i>
		14.30 – 17.00 Table Tennis @ Salle des Fêtes <i>Peter Wilkinson</i>	19.30 Troupe des Acteurs du Quercy** @ Salle des Fêtes
Friday	11.00 – 12.30 Café Philo <i>Ed van Weerd</i>	14.00 – 16.00 Needle crafts <i>Ann Golesworthy &amp; Rosemary Keeley</i>	17.00 – 18.30 Yoga @ l'Oustal <i>Pat Dron</i>
	09.30 Third Friday of the month Randonnée <i>David Howat</i>	15.00 – 17.30 Tennis Group <i>Peter Buck</i>	
Saturday	10.00 – 12.00 Café du Samedi <i>Committee</i>		** non club activities

### Committee

President  
Vice-president  
Secretary  
Treasurer  
Deputy Treasurer  
Database & Accounts  
Activities Co-ordinator  
Hospitality  
Communications

Chris Barrington  
Julia Jones  
Colette Guichard  
Ruth Smythers  
Jo Ryan  
Jan Emery  
Anne Gibbs  
Sue Gauntlett  
Jan van der Heijden

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