



Bulletin



Annual General Meeting (AGM)

Thank you to everyone who was able to take part in our online AGM for the year 2020, which was held on 30 March 2021.

Your participation and support means so much.

We are pleased to let you know that 114 people voted and all the reports and elections to committee were approved. Full details and the minutes will be sent to you soon. We look forward to our next AGM, when we hope that we will be able to meet in person to review the reports and elect our committee.

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Happy Easter !
A time of hope and renewal. We send our best wishes to you all.



Clubhouse News
Unfortunately we still don't know when the clubhouse & library will open. Soon we hope 🙏



Can you help ?
Volunteers are the lifeblood of our club. If you can give a little time to help, please get in touch.



Welcome to our new committee

Paula Barber

Marie-José Botter

Chantal Boulanger

Jef Groby

Julia Jones

Ben Lenthall

Sylvie Pfefer

Shirley Sears-Black

Viki Sherman

Lesley Townley

On a temporary basis Paula Barber has agreed to become club Treasurer. The committee will appoint its other officers at its first meeting.

New Members Welcome :

Graeme BERRIDGE BR

Louise GROCUTT BR

Christine CASTRO FR

Lucille SLADEN FR

Helen PHILLIPS BR

Marcus GROCUTT BR

Patrick CASTRO FR

Introducing BEN LENTHALL

Ben has lived in France for many years. He originally settled in this region, then moved to Normandy, but is now back in the area he loves.

Ben studied English at Oxford University. After a career in advertising, he joined the BBC and became International director of BBC Worldwide, the commercial arm of the BBC.

He then went on to run the literary estates of Agatha Christie, Enid Blyton & Georges Simenon before retiring to France, where he works on subtitles for Arte and France Televisions.

Ben is very much a believer in the concept of an international club and is delighted that he has been elected onto the committee.

He believes that we should be seen as international and is encouraged by the fact that we have members from so many different countries.

As well as joining the committee he has also kindly offered to run an English class for our intermediate group.

THANK YOU

Colette Guichard unfortunately had to step down as President towards the end of last year. Colette worked hard to help the Club attract new French members. She also encouraged non francophone members to join her and other French speakers over a cup of coffee on Saturday mornings. This proved to be very popular and gave people the chance to chat in French in a very relaxed atmosphere. Thank you Colette. We so hope you will be a regular visitor to our coffee mornings in the future.

Our thanks too to three others who also left the committee this year :

Sarah Pegg, who organised all our trips and outings over many years. Combedouzou trips organised by her were very much a part of the Club's Club's calendar and were guaranteed to be great fun;

Jolanta Side who had just joined the committee when lockdown came into force. Being unable to access Zoom she decided to leave the committee and hopefully return when things get back to normal and

David Howat who organised our Extraordinary General Meeting online last autumn, where we asked members to cast their votes to enable us to hold future AGMs online if required.

We are grateful to them all for their hard work.



Club Activities

Despite the difficulties of the last year we have tried hard to find ways to continue with group activities and are pleased that the number of things we can offer are continuing to grow.

Via Zoom we now hold **French** classes at both beginner & intermediate levels. An intermediate level **English** class will start in April.

Our **book club**, where we read and discuss French fiction, meets monthly via Zoom.

Café Philo offers a great opportunity to take part in discussion, in French of course, on a wide range of interesting topics. Why not join the Zoom group to meet like minded people and enjoy stimulating conversation.

We love to see your **photographs**, artwork and craftwork. While we can't hold exhibitions in the clubroom at the moment we are planning to hold online Expos so watch this space !

If needlecraft is what you enjoy then our **Stitch** group is the place to be. Although members can't meet in person at present they carry on with projects from home and keep in touch with weekly emails and a monthly Zoom chat.

To find out more, or to register for an activity, please contact one of our Activity Organisers.

All contact details are on Page 6.

Exercise via Zoom is also on offer with weekly Dancefit classes. Catering for all levels of fitness it is a great way to improve health and wellbeing.

While we can't yet hold coffee mornings at the club we can socialise via Zoom. So if you want to see friendly faces and have a chat online why not join one of our **Apéro** events, you'd be very welcome.

Please don't worry about Zoom, we can help you get online.

As well as online events we are pleased that outdoor activities, including **tennis** and **guided walks**, are also on offer.



Dancefit

Why not try Dancefit classes to help you get fit and say fit.



Walking & Sport

Take part in our regular guided walks or exercise in the open air with outdoor tennis.



Creative Arts

'Stitch' craft, photography and playing music are great ways to relax. Why not join us.

LANGUAGE CLASSES

French & English are taught at beginner & intermediate levels.

BOOK CLUB

In book club we read & discuss French fiction. A new book every month.

CAFÉ PHILO

Enjoy philosophical discussion in French? Café Philo is for you.

Randonnée with us

Getting fit and keeping fit is great for improving both physical and mental well-being.

Many of you already know that walking is a wonderful way to exercise and we are really pleased that over the last few months we have been able to start up our guided walks again.

Grandes randonnées (walks which are generally further than 10 km) take place on the 3rd Friday of every month.

With social distancing in mind walkers are split into groups of up to six people, which set off at 15 minute intervals so groups don't mix.

The latest walk was in the Castelfranc area where 21 walkers split into 4 groups, each with its own leader. This was the first grande randonnée with a picnic. The weather was fine and a great time was had by all.

The next randonnée, on 16 April, is an 11.5km circular walk around 47370 Anthé.

Please email david.howat@clubintquercy.fr if you would like to take part in this walk.



Richard Comber, John Blaus, Jan Emery, David Howat & Chantal Boulanger enjoy the walk in the Castelfranc area.

Dancefit is also great exercise



Regular dance exercise helps to tone muscles, increase stamina and improve well-being.

Linda Preston has been teaching classes for quite a few years and started a course for the club in 2017. Zoom classes have been different but the group has risen to the challenge and all are delighted that classes have continued during lockdown. Dancefit is fun, why not join in ?

Classes are on Thursdays from 10am - 11am.

Please email linda.preston@clubintquercy.fr if you would like to take part in the Dancefit class.

THANK YOU PETER

Over 7 years Peter Gauntlett has guided groups of walkers on 74 'petites randonnées' through our wonderful countryside. He found many beautiful and varied walks and, no matter the weather, he led the way, sharing his love for walking and his enthusiasm for the great outdoors. However he's decided the time is right to hand over the reins of walk organiser to someone else. To show their gratitude for all his efforts, members of the walking group presented him with a lovely gift.



Looking Forward

We certainly hope that over the next few months restrictions will begin to ease and we can start once again to offer indoor activities and events. But, for now, we must carry on online or outdoors.

Many people have found that keeping in touch and taking part in activities and events has helped them to stay positive during this difficult year. If you haven't joined in yet why not take part in our online photo exhibition.

Photo Expo

Each year Ed van Weerd and his colleagues ask members to submit photographs on a theme & they choose a selection to exhibit at the club. Obviously this year this isn't possible, so we are going online !

The theme for the photo exhibition is 'Spring' so please click away and capture the wonderful things you see around you as you sit or walk outside during the next few weeks.

Nature is incredible but our lives are often too busy to appreciate it. Take the opportunity now to look closer at its beauty.

Don't worry if you don't have a fancy camera, use your smartphone instead.

Trees, plants, flowers, views, animals, insects, weather, the list is endless. **Just send in photos that sum up your Spring.**

Please give your name and a title for each photo e.g. 'My Garden near Lauzerte', 'View from Tournon' or 'Busy Bees'.

Ed and the team will choose some favourites for our next newsletter, but all photos will be exhibited in an online showcase for everyone to enjoy.

Please email photos to calculat@hotmail.fr
Closing date - 25 May 2021



Plant Exchange

Sadly this event cannot be held this year as the Covid restrictions prevent us using not only the club room but the small garden too.



Petites Randonnées

Peter Gauntlett left big walking boots to fill, but we are pleased to confirm that Richard & Janet Comber have agreed to lead the petites randonnées from April onwards.



REMINDER

Did you know that there is an important deadline approaching for British Citizens resident in France ? If France has been your primary place of

residence since before the end of 2020 you need to protect your rights under the Brexit Withdrawal Agreement by applying online for the new, post-Brexit, French residency permit.

The deadline for applications is 30 June 2021.

We can't give official advice but wanted to make sure everyone affected is aware of the deadline.

Contact - Activity Organisers

French / Français débutants :

Viki Sherman
victoria.sherman@clubintquercy.fr

French / Français intermédiaire :

Véronique Goubard-Touzac
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English / Anglais intermédiaire :

Ben Lenthall
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Book Club / Groupe Lecture Français :

Lesley Townley
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Café Philo :

Karen Tennekes
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Photo Expos :

Ed van Weerd
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Stitch / Travaux d'aiguilles :

Ann Golesworthy / Rosemary Keeley
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Dancefit :

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Apéro :

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Tennis :

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Grandes Randonnées :

David Howat
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Petites Randonnées :

Richard & Janet Comber
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