



# February 2019 Club International du Quercy



## The Festival Of Lanterns

On **4<sup>th</sup> February** the club has arranged a visit to **Gaillac**, for the Festival of Lanterns in the park of Foucaud Castle. This is the largest Chinese event in France, to celebrate the Chinese New Year. We hope you all have a wonderful time.

# 新年快樂

## Happy Chinese New Year



People born in the year of the Pig think logically and are able to fix whatever problem they have.

They aren't good communicators, but they're kind and able to provide for their family. Most of them are wealthy.

Their only fault is that they lose their temper easily !



The Chinese New Year starts on the 5<sup>th</sup> February and 2019 is the year of the **Pig**. It is the last of the 12 zodiac animals that has been used in Chinese culture to represent years, since the Qin dynasty, more than 2,000 years ago. According to one myth, the Jade Emperor said the order of the years would be decided by the order in which they arrived to his party. The Pig was late because he overslept!

## Fantastic Club Trips- For your diary

Hurry Up, Hurry Up ---- Just in case you missed the Lanterns Trip don't miss out on these Fabulous adventures:-

We dare you to take the **Train to Perigueux** on the **25th April** !!!! Book by the 6th April

Visit to the **Châteaux of the Loire** **Tuesday, 4 June – Friday, 7 June** ---Last two places left !

And on **11th July** "**Sur la Route du Cassoulet**" – A day trip that will also include – you guessed .....lunch of Cassoulet.



For further information on any of these trips contact Sarah or Betty on [visites.voyages@clubintquercy.fr](mailto:visites.voyages@clubintquercy.fr)

More information and any changes as well as closing dates will be distributed closer to each trip.

On **11th September**, we have organised a trip to **Castres**. A Town that has been a hive of trade and industry going back 2,000 years. Marvel at the medieval tanners houses built on the banks of the River Agout with basement doors to help them get to water quickly!

In **October** a day trip to **Toulouse** ( La Ville Rose) - a cosmopolitan melting-pot that's awash with culture, art, industry, architecture and fantastic restaurants.

Finally a trip to the **Christmas Markets in Toulouse** in **December** to get your Xmas gifts.



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## Fete des Rois - 6<sup>th</sup> January



The Fete des Rois relates to the Festival of Epiphany, or twelfth night, when the three kings brought gifts of gold, frankincense and myrrh to the baby Jesus. The 6th of January is the traditional end of the Christmas festivities and in France Boulangeries sell galette des rois, flat round pastries filled with almonds that come with gold paper crowns. Inside the galette, bakers place a small object, usually a toy animal or crown, so when the pastry is cut, one piece will contain it. The person whose piece contains the object is crowned king (or queen) and gets to wear the gold crown which comes with various privileges and obligations. Of course in this modern age, the French president is not allowed to participate so a galette without a figurine or crown is served at the Elysée Palace.



On Saturday 5th January a great many members braved the cold weather to get to the Club for galettes and cider to celebrate the Fete des Rois. As it was the first Saturday in the New Year the occasion was very convivial and a great time was had by all. As is the tradition several people were crowned Kings and Queens for the day.

## Is February – “The most miserable time of the year !” according to the British Comedian John Finnemore ?



But there is plenty to celebrate.

Apart from the normal holidays such as Candlemas on the 2<sup>nd</sup>, The Chinese New Year on the 5<sup>th</sup>, Abraham Lincoln's day on the 12<sup>th</sup>, there are other more exciting and important holidays to be celebrated in February such as....



5<sup>th</sup> World Nutella Day

18<sup>th</sup> Drink Wine Day

National Love your Pet Day on 20<sup>th</sup>

National Margarita Day on the 22<sup>nd</sup>.

## Don't Forget Valentines Day on the 14<sup>th</sup>

*The origins of Valentine's Day are murky. It is generally believed that the first Valentine's Day was in the year 496! Although having a particular Valentine's Day is a very old tradition, thought to have originated from a Roman festival, called Lupercalia in the middle of February, this being the start of their springtime. One plausible account from the 1400s describes Valentine as a temple priest who was beheaded near Rome by the emperor Claudius II for helping Christian couples wed. Yet a different account claims Valentine was the Bishop of Terni, also martyred by Claudius II on the outskirts of Rome. With the introduction of Christianity, the holiday moved to the 14<sup>th</sup> of February--the saint day that celebrated several early Christian martyrs named Valentine.*



# In Conversation with Peter Gauntlett on his Favourite Walks of 2018

## So Peter You walk a lot in the local area, what is the fascination?

There is no better way to see the local area than on foot. Even on a bicycle you miss so much because you travel too fast and need to watch where you are going, especially off road. There are so many wonderful paths in woodland, across farmland, alongside streams and rivers and above all there is tranquillity. I am at peace with the world when I am walking with a camera and the orchids are in flower. At the right time of year I can find as many as eighteen types of orchid in flower at the same time.

## Where do you find your walks??

The majority of walks can be found on the internet. Lot et Garonne 47 has 418 different walks listed with descriptions, maps and GPS tracks. In Tarn et Garonne 82 and The Lot 46 you have to work a bit harder. Their web sites are less comprehensive but by searching Communauté sites and individual communes there are plenty of great walks to be found. I have found exceptional walks in old books. I found one book (original price 37Fr) in a second hand shop which has furnished several club walks. By studying the map and with a little experimentation it is possible to create new walks and avoid dead ends!

## People say your walks involve a lot of climbing. Why is that?

Quite simply, for me, the most interesting landscapes are hilly. The view changes almost every step and there is more biodiversity. Flat ground is usually agricultural but on the slopes there is plenty of scrubland and woodland.

## What were your three favourite walks of 2018?

That is a difficult question as there were so many notable walks. I think the highlight was a walk in the Pyrenees with my son when he came over from California. We walked up to Lac d'Estom from La Fruitière near Cauterets in absolutely perfect conditions and enjoyed a beer together at the refuge at around 1800m. We very seldom get a chance to walk together so this was a very special walk and will stay in the memory for a long time.



Albas

## And your second?

The second would have been in August when around sixteen of us travelled to Albas. We started from the village and walked around 15km, whilst also climbing over 550m and most of us enjoyed our picnic lunches *'away from it all'*. Someone who shall remain nameless didn't read their email and didn't bring lunch! The scenery around Albas is stunning and walking conditions are always good in the Lot, even after heavy rain. The second half of the walk was a long, easy descent down to the Lot which we then followed back into Albas. The only disappointment was that the bar in Albas was closed at the end of the walk. Luckily it is not a very long drive to Sauzet where we found the bar was open!

## And finally?

The third favourite walk took place at Cambayrac (46). Six of us walked there last Christmas but we abandoned the walk after one hour due to the torrential rain that fell. Just as we returned to the cars, the rain stopped and the sun came out, but by then we were too wet and too cold, (it was 3°C) but everyone wanted to return to finish the walk because the scenery was so interesting. The walk goes through les Gorges de Landorre with high cliffs on either side and the box bushes have long trailing mosses giving the walk a primeval feeling. The gorge takes you right up onto the plateau where there are wide views. Fortunately in June the weather was much kinder and around eighteen of us enjoyed this exceptional walk which returns to Cambayrac through vineyards, small farms and welcoming shady woodland.

## And what have you got planned for this year?

All this years walks have been researched, walked and planned. We meet on the first Tuesday of each month. Details are always circulated well in advance and you can sign up for each walk by email at [peter.gauntlett@orange.fr](mailto:peter.gauntlett@orange.fr) or by putting your name down on the list that is pinned up in the club. Looking forward to walking with you ..... Peter Gauntlett

## Trem-Plein d'espoir



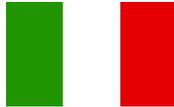
If you remember in the November 2018 Bulletin the club highlighted the fantastic work that is being done by a local association in Montaigu, Trem-Plein d'espoir. They were thrilled with our donation of toys for Christmas. So thank you to everyone who donated. Since November, they have managed to find bigger and better premises in Montaigu. They will be moving from their current shop to the building where Terres du Sud was, next to the old Trésor Public building on Avenue Louis Resses. This will happen in Mid February and volunteers are needed to help with packing, moving, putting up shelves and DIY. If you have a spare hour or two why not come along and lend a helping hand. If you are free then please put your name down on the list that is pinned up in the club corridor or simply just email the club.

## It's "La La" time again

Choir rehearsals by **La Joie du Chant** starts again on **Monday 4th Feb at 6pm** in the Club. Jenny has put together a fantastic collection of Old and New favourites that will be performed later on in the year. New singers/members always welcome no matter how inexperienced! So any potential Mario Lanza's out there please come along. The choir are a very sociable and welcoming bunch. So if you would like to know more about the choir and possibly join in the fun please contact:-

**Jenny Grimshaw on**  
[jenny.grimshaw@icloud.com](mailto:jenny.grimshaw@icloud.com)

## Parli Italiano ?



The Club is looking for a Volunteer who can teach Italian to members. We have several members who would like to learn. Please contact Jan Emery for further details

## Welcome to New Members

Barry Furnival

February was added to the Roman calendar in 713 BC. The length of the month changed over time and, at one time, it had as few as 23 days. When Julius Caesar remade the Roman calendar, the month was assigned 28 days during normal years and 29 days during leap years.

## Calendar of Events February

To book, please sign up at the Club on Saturday between 10h00 – 12h00 or by email to [clubintquercy@gmail.com](mailto:clubintquercy@gmail.com)

### PETITE RANDONNÉE

Date: *5th February*  
Time: *14h00*  
Where: *St Amans du Pech. Parking in front of the school.*

### Chinese New Year

Date: *5th February*  
Time: *00h00*  
Where: *China*

### Valentines Day

Date: *14th February*  
Time: *7pm*  
Where: *At a Restaurant of her choosing*

### RANDONNÉE

Date: *15th February*  
Time: *9:15am Meet at the Castella Mairie's car park*  
Morning: *Castella, 47340*  
Length: *12km*  
Lunch: *1pm at Le Roquentin restaurant in Laroque-Timbaut*  
Afternoon: *Larroque-Timbaut, 47340*  
Length: *5km*  
*The price for the walk including lunch is 15 euros for members, 20 euros for non members. The walks without lunch are free for members and 5 euros for non members.*

### Annual General Meeting

Date: *19th March*  
Time: *10:00am*  
Where: *Roquecor Salle des Fetes*

## Committee

President	Chris Barrington	<a href="mailto:chris.barrington@clubintquercy.fr">chris.barrington@clubintquercy.fr</a>
Vice President	Colette Guichard	<a href="mailto:colette-guichard@orange.fr">colette-guichard@orange.fr</a>
Vice President & Hospitality	Julia Jones	<a href="mailto:julia.jones@tsf47.net">julia.jones@tsf47.net</a>
Vice President & Communications	Jan van der Heijden	<a href="mailto:j.heijden12@gmail.com">j.heijden12@gmail.com</a>
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Treasurer	Jo Ryan	<a href="mailto:jo.ryan@clubintquercy.fr">jo.ryan@clubintquercy.fr</a>
Deputy Treasurer & Trips	Sarah Pegg	<a href="mailto:pegg.sarah@orange.fr">pegg.sarah@orange.fr</a>
Membership & Communications	Jan Emery	<a href="mailto:jan.emery@clubintquercy.fr">jan.emery@clubintquercy.fr</a>
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