

Hello Everyone

I am sure you are all making good use of that extra hour's daylight in the evening!

On the subject of putting the clocks forward, I haven't quite grasped the logic of it but according to someone I know, if you make a start at the beginning of March and get up earlier each day, there's a good chance that when the time comes you won't miss that lost hour - that feeling of sleep deprivation (which grips the psyche of some people lucky enough to sleep longer than 6 hours a night) will have completely disappeared! I'm all for Nature taking its course. For instance, I prefer to leave the towns and villages to their primping, pruning and pampering and wander off into the hills and forests where the cistus is about to bloom and the gorse and broom are flying their colours, and, by the way, if you're lucky enough to spot wild thyme, the scent is a million times more pungent than the one in your local garden centre.

The Big 40 - Enfants Cancers Santé.

Vicky Rose did some work for CSF a few years ago and she's asked us to promote her head-shaving event. On the 30th March she's celebrating her 40th birthday by having her head shaved to raise funds for this children's charity.

« My brave big sister is battling cancer for the third time and I wanted to do something special for my 40th birthday....."»

Find out more about Vicky and her birthday pledge by going to the Facebook page (<https://www.facebook.com/VickyRoseTheBig40/>) or just email me and I'll send you the details.

When the weather perks up it's time to think about getting out to one of our Drop Ins. There's always a lot going on. Bring your books and swap them for something different. Bring your friends and catch up with news. Take a coffee break or make a morning of it.

Wednesday 5 April - Céret - 10.30-12

Pablo's Bar in the Place Pablo Picasso.

Monday 17 April - Laroque - 10.30-12

At the Café des Artistes there's always a good turn-over of paperbacks, English and French. Also CDs and DVDs. You can buy a coffee and take two books.

Wednesday 19 April - Ile sur Têt - 10-12

At Lizzie's kitchen this month one of our members, **Lynda Moore**, will be talking about **her trip to Australia and Goa**. Do come along and join us for coffee and cake.

Also you might like to know that on **May 17th** Brenda Myers will be coming to Lizzies. She will be giving a demonstration on **rose-making for cake decoration**. Brenda will provide the necessary materials and everyone who comes can have a go!

**Wednesday 26 April CSF OPEN MEETING Hotel Le Mas des Arcades
Perpignan**

This is our annual get-together when we have a short meeting which up-dates us on events past, present and future. It's informal and everyone is welcome.

Dr Peter Amlot, an immunologist and oncologist, will be talking about how cancer therapy has improved over the years. His talk is entitled 'The Evolution of Cancer Treatment'

Coffee and fruit juice will be served at 9.45. The meeting will start at 10.15 followed by lunch which is €20. It's not too late if you would like to come. Just email me and I can add you to the list. Later this month I'll be sending out the menu again and asking for your choices.

LOOKING AHEAD

Sunday 21 May Vide Grenier St Cyprien 7 - 5pm
CSF have a couple of tables at this large Vide Grenier which is held every year in St Cyprien and is very well-attended.

Many thanks to those who have very kindly said they will come and help on the day. (A rota will follow at some point.) However, we still need a few more helping hands so if you can spare an hour or two on this Sunday, we'd be very grateful. Email me with your preferred time of day.

We'll have books and DVDs of course, and you can certainly add to these, but we also need other things we can sell. No clothes or shoes but otherwise anything which is in good condition such as unopened presents, china, ornaments, costume jewellery, toys. Bring them on the day or to one of our Drop Ins. All will be gratefully received.

Wednesday 14 & Thursday 15 June - TRAINING COURSE - Bages
Are you interested in becoming one of our trained volunteers? By becoming a trained volunteer there are many ways you can support those with cancer as well as their carers. We run this two-day training course once a year. Please do give it some thought and just contact Penny (sud-president@cancersupportfrance.org) if you would like more information.

22-25 June ACTIVITY FOR LIFE - CYCLE FOR LIFE
The cycle ride for Cancer Support France will be taking place 22-25 June 2017.

We will be using this event to commemorate the Cancer Support France founder, Linda Shepherd, who has died at the age of 64 following her own battle with cancer. (Please do click on this link and find out more about Linda. <https://www.connexionfrance.com/French-news/Cancer-support-group-founder-dies>)

The cycle ride starts in Carcassonne on Thursday 22 June and will finish in the coastal town of Sète on Sunday 25 June. Each stage is approximately 50km on low-level cycle paths and some minor roads. You can join for all 4 stages or just one day. To register please go to activityforlife.fr Registration is free. Further details are on the Facebook page <https://www.facebook.com/activityforlife/?fref=ts> or the CSF website cancersupportfrance.org/affiliate-gallery.

Sunday 10 September ACTIVITY FOR LIFE - WALK FOR LIFE

Les Lacs de St Jean Pla de Corts

This is our own Activity for Life event. This year we're combining our Walk for Life event with Penny and Frank's annual **At Home** gathering.

We hope to raise money for CSF, and enjoy the company of our friends, supporters and fellow members. There will be **two sponsored walks** - a gentle stroll around the two lakes (about an hour) and another which also includes the two lakes but with an extension that takes in the village of St. Jean and a return via the banks of the river Tech. (About 6kms.) Everyone can walk at their own pace. Dogs on leads will also be welcome. We'll have our tables selling books and DVDs, CSF gifts and cakes and of course there'll be music. We will all meet up with our picnics at lunchtime.

Saturday 14 October AUTUMN BALL Bages

As you know, this is an evening of music, entertainment and fund raising as well as a Tapas style meal with wine.

We are looking for people to give us a hand with preparing and serving the food. There'll be lots more on this later and I know it's a long time off but for the moment, if you think you'd like to help us we'd be very grateful. Just email me and I'll put your name on the list.

All the best
Diana Eastaff