

Hello Everyone

The weather has perked up! It means we can get the garden furniture out, scrape the remains of last year's hamburgers off the barbecue and start to think about filling the freezer with ice cream. By the way, birdsong is still preoccupying me and diverting me from all sorts of important activities! I could wish for nothing more than an app which could record the song and identify the singer....

The **Cycle For Life Cycle Ride** finished on 31st May after a 24km circuit of Agde to see the Canal du Midi entering the Etang du Thau. 6 people did the whole route across France from Royan on the Atlantic to Bordeaux, Agen, Toulouse, Carcassonne and Agde, over a period of 13 days. A total of 32 cyclists took part, cycling one or more days.

Representing our own area and cycling on the last day were Penny Parkinson, John McCullie, Lizzie Williams and Jack Smith. They cycled 24 kms - phew! well done you!

As a result we are close to achieving our goal of **€10.000** in sponsorship. This will fund the Trainers' Conference and Train the Trainer programme in November thus avoiding the need to ask CSF associations to sponsor these.

A very big thank you especially to those who cycled, to the organisers and also to those who supported us along the routes.

A Royal Invitation for CSF

Cancer Support France Attends a Royal Reception in Nice

It isn't every day that we are contacted by the British Embassy in Paris with an invitation to attend a reception to be hosted by The Prince of Wales and the Duchess of Cornwall..... and that was only the start of the story....

<http://cancersupportfrance.org/royal-invitation-csf>

The **Drop Ins** this month

Wednesday 6 June - Céret - 10.30-12

Pablo's Bar in the Place Pablo Picasso. Come and join us for coffee and browse through the books.

Monday 18 June - 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 21 June - Ille sur Têt - 10-12

Tom Martiin who has just returned from his trek in Nepal, will be talking about this great adventure at **Lizzie's Kitchen** this month. Do come along and join us. Coffee and cake as usual.

Sunday 10 June - VIDE GRENIER - St Cyprien Plage - 9.30 - 5pm

Bad weather last month meant that the Vide Grenier had to be cancelled.

However, as you see, it has been re-scheduled.

This large, all-day vide grenier is held every year and has over 400 stalls and is very well attended. CSF have a couple of tables with books, DVDs and lots of other items. Please come along and support us.

Saturday 16 June - AUCTION & SPRING FAIR - Ornaisons - all day

If you have a look at the PDF attachment at the bottom of this newsletter, you'll see that there's a **big day out** planned for anyone who would like to come to this beautiful part of our region - the Corbières area. If more is needed to lure you out, there is an Auction and Spring Fair in the **picturesque village of Ornaisons**. It lies north-west of Narbonne and it is very close to the the Abbaye de Fontfroide which is well worth a visit.

You will see that the Auction is being organised by our friend Norman and he asks that you let him know the item(s) you are bringing so that it (they) can be listed on a flyer to be distributed a few days before the event.

At the auction the auctioneer will be our own Ron Reid with Penny Parkinson acting as his assistant.

Bring your item for auction on the day.

We are looking for good quality or speciality items (such as china) which may be suitable for auction rather than vide grenier.

You keep half the proceeds and the other half will be split between CSF and the British Legion.

Note: The Fish and Chip lunch looks pretty good !

(If you have an item and really cannot come to our big day out then please let me know as soon as possible and we will try our best to organise a pick up.)

LOOKING AHEAD

Thursday 6 September - WALK FOR LIFE - Maureillas

The arrangements for this year's event are going well with a couple of great walks in mind. The **shorter walk, about 5kms**, will be a gentle walk through our lovely countryside, with the **longer walk, about 9-10kms**, making an interesting challenge for others.

There'll be activities, including pétanque, for everyone during the morning so bring friends or family and pack a picnic or some sausages for a BBQ.

There will be more details later but in the meantime if **you would like to join in, whether as a walker or helping with the bar, cake sale, BBQ etc, please send an email to Lynn (lynnrhall66@gmail.com) who will keep you informed.**

Saturday 13 October - AUTUMN BALL - Bages.

This is always a very relaxed evening, sitting with friends, joining in the fun and winning some prizes. There's live music & dancing, an auction & a tombola stall, a tapas style meal with wine and a bar selling beer and soft drinks. Please make a note in your diary.

Diana Eastaff

[attach PDF](#)