

## Hello Everyone

Gosh it's difficult to drum up any enthusiasm for whatever might be in store over the next few months. I say this because we've just packed off the last of our Christmas visitors and I'm left here with an empty fridge, a shed-full of packaging and the jolly flashing lights of the Christmas tree. I wonder if you're like me, eager to remove all traces of Christmas well before the twelfth night. This is not so much bah-humbug as a ring out the old, ring in the new sort of feeling. However (sigh) the sun is shining and the sky is blue and cloudless. We've got reindeers, snowmen and Santas strewn about our towns and villages until the end of the month and as if that isn't enough to get us out of the house, just take a look around at what our natural world is throwing at us - and it's not just for Christmas.

Only one **Drop In** this month:

**Wednesday 16 January**

**Ille-sur-Têt**

**10.30-12**

Lizzie is opening her kitchen again this month. Please come and see us. There'll be coffee and cakes as usual.

**Wednesday 30 January**

**AGM CSF Sud de France**

**Carcassonne**

**10.15**

The January AGM for Sud de France is in the usual place at the L'Oliveraie on the edge of Carcassonne, just off the autoroute - see below for the full address.

As this is the **10th anniversary of CSF Sud de France** we will be rounding up the first 10 years of CSF Sud and talking about what to expect in the coming year.

Also, as you probably know, Penny will be handing over the role of President (of CSF Sud) to Ron Reid so this could be a good opportunity for you to meet him.

We will start with coffee around 9.45 and finish with lunch at 12 noon.

It's a set menu for lunch and the price is €20 which you can pay on the day.

Tartine tiède au fromage bleu et poire, salade roquette à l'huile de noix  
Sauté de Bœuf à la vigneronne (plus a vegetarian option which will be the veggie dish of the day)  
Creme Catalane or Cheese  
Coffee and wine and a welcome drink included

Here's the address: Restaurant L'Oliveraie, 850 Boulevard Denis Papin, 11000 Carcassonne (just off the A61).

Car-sharing is always a possibility so if you haven't done so already, let me know if you need a lift or if you have room for someone in your car.

Contact Hazel ([sud-secretary@cancersupportfrance.org](mailto:sud-secretary@cancersupportfrance.org)) if you need more information.

## LOOKING AHEAD

**Wednesday 10 April      CSF Open Meeting      Hotel Le Mas des Arcades  
Perpignan**

This is our annual get-together when we meet up for a short meeting and a long lunch! It's very informal and everyone is welcome.

We are delighted to say that our speakers will be Alain and Monique Perrault from La Ligue contre le cancer. Their talk is called « A Brief History of a Hundred Years of La Ligue - its role and its research » .

The meeting will start at around 10.15 and end with a three-course lunch.  
I will be sending an official invitation at the end of the month.

**Wednesday 15 May - Sunday 19 May   CSF National Cycle for Life 2019**

In May 2019 our cycle ride will take place over 5 days in the Languedoc-Roussillon!

Participants will cycle through some of the most diverse landscapes, cycling from Mazamet in the Montagne Noire to Bedarieux (Haut Langueoc national Park) and then from Beziers to Perpignan where we expect a big welcome on our home turf!

The route distances will be between 40km and 50km per day suitable for novice cyclists and families. For up to date information keep an eye on the dedicated website:  
<https://csfcycleforlife.org/> If you are interested in riding then please drop Sasha a line at [admin@cancersupportfrance.org](mailto:admin@cancersupportfrance.org)

If you feel you may be able to help at any time during the five days, then please let Penny know ([sud-president@cancersupportfrance.org](mailto:sud-president@cancersupportfrance.org)). There is no obligation at this early stage in the planning, but it will ensure that you are kept up to date as plans progress.

Diana Eastaff