



CSF AUDE AND ARIEGE NEWSLETTER NOVEMBER 2020

After a very hectic couple of months here in the Aude and Ariège, we managed to open the Coffee Mornings, two in the Aude and one in the Ariège, which we adapted to fit with within French Government Covid rules, and CSF National rules. No books allowed, 10 people maximum if inside, masks etc, and two out of three coffee mornings were held outside.

September 2nd - Coffee morning at Les Marguerites in Alet-les-Bains. A beautiful morning spent in the gardens with coffee and homemade cake by Antoinette helping make the morning very enjoyable. Lots of people turned out to support CSF.



September 5th - CSF benefited from an outdoor concert at la Maison de Mallast in the 'book village' of Montolieu. A beautiful evening was spent outside under the stars with music by local musicians, who donated their time for free, and Fish and Chips cooked by John the host with his wife Lindsay looking after our every need. John and Lindsay donated all the proceeds from food sales, which, together with further donations, resulted in raising over €1350!



Cancer Support France - Sud de France

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September 9th – Coffee morning took place in the Mairie in Argens-Minervois, where there was a limit of 10 people at a time as this event was held inside. It was a full house. Everyone was very happy to be back, even the Covid style clean up was done with smiles and chatter.

September 12th – The booksale in Leran took place, although the date and times were different than normal:

“The CSF booksale at Leran in the Ariege is changing. It has been based outside the Rendezvous bar and restaurant for many years, operating from 11am to 1pm the first Saturday of every month all year round. It has built up a large and loyal following among local people, mainly Anglophone, but also French and Dutch. Hundreds of books are sold or donated during the sale, with new arrivals eagerly pounced on by the customers.



Now, like so much else, things are changing in response to the Covid epidemic. Besides the use of masks, hand gel and a contact list of customers, we are having to restrict donations of books during the event to one bag or box per person, to allow new book arrivals to be quarantined or cleaned with bleach before putting out on the stall. Larger donations can be collected by arrangement with Mac, who heads up the booksale. Also, because of Covid and

related legal issues, we can no longer operate when the bar is shut, so the booksale is linking with the Bar’s Fish and Chips nights and operated 5pm.to 8pm on September 12th and October 3rd. When the bar shuts for the winter the booksale will move to the covered market at La Bastide-sur-l’Hers, on the first Saturday of the month, 11am to 1pm.” By Liz Reynolds

Saturday 22nd – First coffee morning in the Mad Hatter at Mirepoix since lockdown - another event where it is possible to be outside. It was great to see people enjoying coffee and cake, chatting to each other. Everyone was happy to be back.



September 30th – Approximately 14 people took part on a beautiful day in a “Walk for Life” above Lézignan-Corbières. At one spot on the walk, there was a 360-degree view. The walk was followed by a shared lunch at a member’s house where the walk started from. €100 was raised, which was divided between CSF Sud de France and CSF Languedoc, as they were the initial CSF association that thought up the idea of a Walk for Life.



September 30th – A private Garden Party in Puivert, with a concert, allowed CSF to raise awareness in an area where we are not well known. It was in the grounds of a beautiful glamping site called Horizons Verts. Everyone took a picnic and relaxed to the music of Alec, on keyboards, and Alex singing. During the concert the hat was passed round for CSF, and lots of leaflets distributed and merchandise sold.



We only had 1 event cancelled in September, "Tacos by Twilight" which was due to the bad weather.

October started with the rules for Covid changing all the time. Nevertheless, we still managed all three coffee mornings, and the last CSF booksale at Le Rendez-Vous in Leran as it is closing for the winter. The Ariège book sale in November will be at the covered market in Bastide-Sur-L'Hers.

October 2nd - There was a Photo Walk around Mirepoix led by Laurence Patterson from Carcassonne Tour Photography. This was Laurence's first time in Mirepoix doing this, although he does these tours regularly in Carcassonne. Eight people signed up (that was the limit) and, even through the inclement weather, all had a good time, learning about different techniques etc. The morning was rounded off with Fish and Chips cooked by Sue at The Mad Hatter.



October 4th – Afternoon Tea Concert by the Aude Shantymen in aid of CSF at Les Marguerites in Alet-les-Bains was the first Covid related **cancellation** because of the 30 person rule.

October 4th and 16th- Working with La Ligue

"As part of the annual breast cancer awareness campaign, Octobre Rose, we joined with La Ligue Contre le Cancer in two activities. The first, manning a stall

at Esperaza market on the morning of the 4th, was held instead of the annual walk which had to be cancelled. People were asked to contribute €5 which would have been their contribution for the walk. A parasol decorated with lacy bras attracted a lot of interest!



Then on the 16th, we had a stall all day outside the checkouts at Leclerc's in Limoux. The supermarket contributed by offering reductions on certain bras and items of make-up. There was a steady stream of visitors all the time and we heard some sad stories, often from friends or relatives who had lost a loved one, but quite a few survivors came and related

their case history. Again, a participation was requested as another walk had also been cancelled.

La Ligue raised a total of over €800 which will be used for research in the region and assistance for needy cases. As well as forging a closer relationship with La Ligue, the event helped the public to be more aware of the existence of Cancer Support France." By Carolyn Bailey

October 11th – Mexican at Midi (Previously known as Tacos by Twilight)

"Arriving early for the meal, donning our warmer clothes to combat the strong winds against a backdrop of autumn colours, most of us gravitated towards the tree-line, benefitting from their shelter. Despite being limited to a group size of 30 maximum, those lucky enough to have secured their place were treated to a tasty meal, full of zing. With tables set-up and refreshments poured, we diners watched on with interest as 'ChillisAndSpice' set-up their cooking pots in a makeshift kitchen, and placed the side dishes on the preparation table, as divine smells came wafting our way. Then caterer Iain poured us each a cup of hearty spicy vegetable and black bean 'soup' to keep us warm, as did the sunshine.



Great care was taken so that the vegetarians also experienced the full taste of Mexican flavours for their main course, they were served a wonderful array of colours from 3 different hot dishes: a cheese quesadilla, a chipotle mushroom dish and the third made with butternut squash. Just as the side dishes were being placed on the serving trays for the carnivores, a gust of wind attacked the preparation table, sending 2 trays flying. Cool-headed caterer Adele took it in her stride to rescue the other trays from the same fate, ably assisted by good-humoured Lesley and Jan who acted as a human windbreak splaying their

jackets wide. Our meaty main-course also consisted of 3 hot dishes: a chicken tinga, a beef taco with pineapple salsa and a cheese quesadilla, each quite substantial, and was accompanied by guacamole with corn chips, a traditional tangy salad and some salsa dip.



All the diners agreed it had been a wonderful meal, convivial atmosphere and a great success. A big thank you to Lesley for organising it (then re-organising it after a thunderstorm forced the cancellation of the original date in September). And a very big thank you to Adele and Iain from ChillisAndSpice who worked hard to give us a special Sunday feast.” By Lynda Stapleford

OCT18th/19th- A double marathon was walked in aid of CSF
"A new challenge. From Carcassonne to Toulouse beside the Canal du Midi.

I need a new challenge, what can I do? After 15 months of little exercise due to tendinitis I started to walk some longer distances

The Canal du Midi came to mind and I looked at the distance between Carcassonne and Toulouse. 106 km sounds reasonable, then I asked a couple of friends to walk it with me but they declined, no way in 2 days.

I managed to increase my weekly walking distance which was quite hard during the heat of July and August with my lessons and our B & B. After some serious reflection I decided that I need to cut the distance of this challenge so now it will be a walking marathon of 42km, followed by the same the following day or the following weekend, all being well. Still it maybe a crazy idea!

*I recently heard the sad news that a close friend has been diagnosed with cancer and that made me think of using this challenge to raise funds for Cancer Support France, who work to support English speaking people, their families and friends when they have been touched by cancer.” By Tricia Wheatley
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Tricia succeeded in her challenge to walk two marathons (84km) in two days. Sponsorship and donations have, so far, reached over €1000. Tricia is pictured, at the start, with Phil Mercer (President), and leaving the start point.



OCT 21st – The long-awaited CSF Book Sale at Cailhau was the second event to be **cancelled** because of Covid. Even though it was cancelled at the last minute by the Marie, it was done for the right reasons, as with all CSF events the health of our volunteers, as well as the people who attend, is our top priority.

Oct 28th- Bien-Etre Walk at Lagrasse. Fifteen people registered for the walk starting in Lagrasse, with 3 cancelling at the last minute. We met at the start of the 10km walk and were introduced to our Guides, Helen and Mike Bingham. The forecast was good, but that soon changed as we climbed at the start into the clouds. It was very damp, but that did not dampen our spirits, especially when we reached the top to be greeted by Helen with homemade gingerbread cake.



The next stop was a wonderful Church, Notre-Dame-du-Carla, in the middle of nowhere, for our picnic lunch. Then mostly downhill to the finish. It was a wonderful walk, enjoyed by all participants, and we even saw some sun before the end! The 'hat' was passed around at the end, and we received €80 in donations for CSF.

Ongoing - During this difficult time, one man, Ken Gotham, has continued to busk at various markets and events around the Minervois. For some time, Ken has generously given all the proceeds to CSF. This time his donation was for €179.50. Great work, Ken, and many thanks.



November – Unsurprisingly, we have had to cancel all planned November events due to the nationwide lockdown imposed by the French government. There were also another couple of events that, even though they were not advertised, were being talked about. One in October - Dragon Boat racing in Foix with La Ligue, and the other - a Xmas Fair in December in Argens. Watch this space for info if these will go ahead next year.

So please stay safe and well during this difficult time. If you need any help or support, or just a chat, contact me first on sud-aude@cancersupportfrance.org and I'll get back to you.

Christmas – Yes, it is coming! We have a wide range of cards for Christmas, as well as other, more general, greetings cards and notelets. You can see the complete range, with prices, on the CSF National website:

<https://cancersupportfrance.org/csf-national-shop>

But here's a couple of examples to whet your appetite, all designed by members of CSF Sud de France:



But **PLEASE do not order via the website**. Email me on sud-aude@cancersupportfrance.org with your order, and I will let you know delivery costs, etc. Then, you send me a cheque, made payable to "CSF Sud de France", and I will get them to you. Also note that the 'packs' (of 6 cards) don't have to be the same card design – you can specify the mix you want.

Pam Mercer

Aude & Ariège Representative
CSF Sud de France