

Hello Everyone

Hark! As the clocks go forward do I hear a deep grumbling sound coming from those who bemoan the mysterious loss of an hour of sleep. To them I say come on - set your alarm for 6.30am, leap out of bed, pull on your thick jumper and step outside into the half-light. Be the first to hear the birds and see the sunrise. Lighter, longer evenings offer a more gentle way of tickling the senses when we can carry our aperitif outside and take in the scent of the Spring flowers and the trill of a blackbird. We don't ask much of our picture postcard part of France, only that it continues to astound and surprise us.

This month's **Drop-Ins**:

Wednesday 3 April - Céret - 10.30-12

Pablo's Bar in the Place Pablo Picasso. Come and join us for coffee and conversation. There are books and DVDs.

Monday 15 April - Laroque - 10.30-12

First of all many apologies to those of you who turned up at the Café last month. I'm afraid we weren't given any advance warning that they would be closed so we couldn't let you know. Circumstances beyond our control I'm afraid.

This month, business as usual. Come along and have a browse, buy a coffee and take two books. We have a large turnover of books and we encourage you to bring as many paperbacks as you can. Remember, please don't bring hardback books (unless they are brand new), CDs or paperbacks which are in poor condition.

Wednesday 17 April - Ile sur Têt - 10-12

Frankie Ward will be at Lizzie's this month. She used to be a speech therapist and she is going to give a talk entitled « I ain't going to teach you to talk proper ». Should be interesting and fun. Coffee and cake as usual.

LOOKING AHEAD

Wednesday 10 April

CSF Open Meeting

**Hotel Le Mas des Arcades
Perpignan**

Not long now before we assemble for our annual Open Meeting. Quite a few of you have already signed up but please, if you haven't and are teetering on the edge, here are the details again to help you decide. *

Our Open Meeting is a chance to meet up with people who are involved with CSF and who use this occasion to come and have a chat and get acquainted with all things national and local. It's informal and friends and family are welcome to join us.

We start with coffee at 9.45 and the meeting starts at 10.15. There'll be a brief update on all the CSF news. As this is the 100th year that La Ligue contre le cancer has been in existence, we are pleased to welcome as our guest speakers, **Alain and Monique Perrault who have worked for a long time for La Ligue**. Monique and Alain will talk about its history, what La Ligue does and about the research they carry out.

We have a three-course lunch which is €22. You can pay by cheque or cash. Make your cheque payable to Table du Mas and just hand it to me at coffee time.

*May I ask you to please let me know by the **Sunday 7 April**, if you could like to come.

Saturday 13 April **Spring Fayre** **Argens-Minervois - Aude** **10 - 4pm**
Salle des Trois Copains

Just a reminder about this Spring Fayre. A little further afield than our local events but there'll be stalls and games and music and fun to be had so take family and friends and make a day of it. Remember if you would like a Fish & Chip lunch you must book in advance. (contact Lesley Wissen lesley.wisson375@orange.fr)

Sunday 12 May **Vide Grenier** **St Cyprien**

CSF will be at the Vide Grenier again this year. We'll have books, DVDs and gifts and you can certainly add to these. Anything which is in good condition. Bring them on the day or to one of our Drop Ins or let me know if you need anything picking up.

We could still do with a couple of people who are willing to give up part of their Sunday to help on the stall. Please contact me asap and let me know what time would suit you best.

Wednesday 15 May - Sunday 19 May CSF NATIONAL CYCLE FOR LIFE 2019

I know there's a lot of information here but this is an important event in the CSF calendar. It covers a large part of the south of France and events like this help enormously to reinforce our presence and validate the work we do.

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 Languedoc national Park) and then from Beziers to Perpignan. The route distances will be between 40km and 50km per day and are suitable for novice cyclists and families. **If you are interested in riding** then please drop Sasha a line at admin@cancersupportfrance.org

<https://csfcycleforlife.org>

This is an excellent website which tells you exactly where all the stages take place.

Whether at the first two stages or here in the P.O., it would be great if people could come and cheer the riders or lend a hand, particularly on the final 2 days, 18th & 19th May, in Perpignan.

Yes, this last part of the ride is on our home turf, so we are making a **HUGE PLEA** for help and support and for cakes and quiches. If you can't ride or help, or even if you are away on the day, perhaps you could provide a cake or a quiche? (Arrangements can be made to collect them from you.)

Below you will see the points at which we need people - they are **marked in red**

Please contact Penny (sud-penny@cancersupportfrance.org) if you would like to help at any of the following points:

On **Saturday 18 May**, the cyclists will be riding the stage between **Gruissan and Le Barcares**. CSF members have lent us their home in **Port-Leucate for the afternoon tea/beer stop**.

The last morning, **Sunday 19 May**, the stage is in the Pyrénées-Orientales, **between Le Barcares and Perpignan**. Can anyone help with **a small amount of marshalling and/or cheering and supporting** along the route.

Around noon we will need to be **cheering people home in Perpignan**. The finishing line will be **near the Palais de Congres** at lunchtime. Here there'll be the **celebratory buffet with cakes and quiches and drinks all round**.

Friday 24 May **CSF Sponsored Skydive** **Ariège** **11am**

In 2017 a CSF member lost a dear friend to cancer. This year as she reaches her 70th birthday, she is performing a skydive in his memory to raise funds for Cancer Support France (Sud). This all happens at L'Aérodrome de Pamiers, Les Pujols, at 11am. Sponsorship is easy. All you have to do is contact Pam at pam.mercer@live.com

Thursday 5 September **CSF SUD WALK FOR LIFE** **Maureillas**

Last year's **Walk for Life** at Prats de Farga event went so well we're going to do it again only this year the sponsored walks will be different. Come and walk or just join in the fun. There will be stalls with cakes, books, bric-a-brac and CSF products and a licensed bar plus tea & coffee. Bring a picnic and something to cook on our barbecue. More details later.

Sat 9 November **Quiz Night** **Eus** **7pm**

A lot of you will know how these Quiz Nights work. Here in Eus, at the Maison de Temps Libre, there will be tables of four or six teams and each team competes to win a prize. Put the date in your diary and start studying the Encyclopedia Britannica.

Diana Eastaff