

Hello Everyone

I couldn't see Canigou this morning, it was shrouded in a thick mist. There have been some hot sunny days when she looks like a glistening white iceberg, her peak floating on a sea of blue haze. My Strelitzia has been bursting to show all its glorious Bird of Paradise plumage but there she sits waiting for something more than just a vague promise of summer. Nature doesn't know if it's coming or going with our hot days, cold winds and cool nights. As one who feels the cold, I've gripped onto my thick jumper and (dare I say it) my electric blanket.

Cast not a clout till May is out or should I say en avril ne te découvre pas d'un fil (*)

There were 32 of us at our annual **Open Meeting** took place on **Wednesday 26 April**.

Our own Penny Parkinson now wears two hats: President CSF Sud and President CSF National. She brought us up to date on what's been happening over the last year. Such a lot of what she does involves travelling up and down the country, supporting and meeting local associations, formulating policies, attending training conferences and keeping in touch with the medical profession. She played a large part in getting the new CSF National website up and running - do have a look at it. That's the business side. Of course, there is also that other part of her busy life which is devoted to the many people who depend on her for advice and guidance.

Her talk was followed by Dr Peter Amlot who took us through The Evolution of Cancer Treatment which, as you can imagine, provoked a lively question and answer session afterwards. We were ready for lunch at 12.30 which was very relaxed and extremely enjoyable.

The Drop Ins this month:

Wednesday 3 May - Céret - 10.30-12

Pablo's Bar in the Place Pablo Picasso is our first venue of the month. Come and join us for coffee and conversation.

Monday 15 May - 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 17 May - Ile sur Têt - 10-12

This month Brenda Myers will be coming to Lizzies Kitchen. 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!

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. We'll have books and DVDs of course, and you can certainly add to these, but we also need other things we can sell. Not long to go now so have a dig round at the back of the cupboard for anything which is in good condition such as unopened presents, china, ornaments, costume jewellery or toys. Bring them on the day or to one of our Drop Ins. All will be very gratefully received.

LOOKING AHEAD

22-25 June

Activity for Life - CYCLE FOR LIFE

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.

Some of you may recall the **CSF Canal du Midi Cycle Ride** which took place in June 2015 to raise awareness of CSF. Last year the Ride took place from Bordeaux to Toulouse along the Canal du Garonne. This year, by popular request, and with the blessing of Andy Shepherd, the Ride will be dedicated to Linda.

It will start on Thursday June 22nd in Carcassonne and end on Sunday June 25th in Sete. The route crosses through CSF Sud de France territory with overnight stops at **Homps** and **Narbonne**. The third evening is at **Valras Plage** before the final day's ride through to **Sete**.

Further details of the route and the Ride are here: <https://csfcycleforlife.org/>

If you would like to cycle for one or all of the days, then do register on line on the website above.

Final details will not be available until mid-May, however, if you can help in any way, please do contact Penny (sud-president@cancersupportfrance.org). We are looking for help with any of the following:

- transport of cyclists luggage from the start to the end of a day
- suggestions for stops during a day which could be suitable for coffee/loo breaks, lunch or overnight accommodation
- marshals to help at the beginning and end of a day, especially in towns when the cyclists may need to be guided to their overnight stop
- any offers of accommodation in a member's house

Lastly, if you are unable to join the Ride, do consider **sponsoring one of the riders**. This can be done on line through **Alvarum** (a French equivalent of Just Giving) with which CSF is registered. Have a look here: <http://en.alvarum.com/>

Sunday 10 September Activity for Life - WALK FOR LIFE + AT HOME

The venue for this event has changed. The Activity for Life event in the P.O. is now going to be in a large field on the edge of the village of **Maureillas** called **Prat de Farga**.

Our **Walk for Life** will be a couple of sponsored walks, followed by a picnic. We are combining this with our traditional **At Home**, our annual get-together hosted every year by Penny and Frank Parkinson. It's a great opportunity for all our members, supporters and helpers to meet up. Friends and family are of course always welcome. Start scraping the mud off your walking shoes and put the date in your diary. There'll be more on this next month.

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.

Thursday 30 November

SCOTTISH COUNTRY DANCING

Eus

We'll be holding a St Andrews evening starting at 7pm taking place as usual in the Maison de Temp Libre. More details later but make a note of the date and start shaking the moths out of those kilts!

All the best
Diana Eastaff

* Till April's dead, change not a thread