

Hello Everyone

The beautiful song of the Nightingale which until quite recently accompanied our night's sleep is dearly missed. During the day we are now being treated to the plaintive coos of our friend the Hoopoe. (Apparently pronounced Hoo-poo for reasons which I won't go into in case some of you are reading this over breakfast!)

From 6.30 in the morning until late afternoon this, by all accounts, beautiful bird (for he is always too far into the forest for me to ever see him) calls out, it seems in vain, to whoever is listening. When you have run out of conversation at the dinner table, try counting the coos. 3 coos followed in quick succession by 3 more. Sometimes 4, followed by 3. Occasionally 4 and 4. Then, how many seconds between each set of coos.

If they want an extra hour in bed in the morning, our house-guests are advised to either take up the coo-counting challenge or else reach for their ear-plugs!

Our stall at the **Vide Grenier in St Cyprien** on May 21 raised a healthy €225.66! We're always very aware that the success of events like this depends on the efforts put in by our members and supporters. So a big thank you to those who gave their time and those who brought books and bric-a-brac.

Proof of Life

One of our members has passed on some information which may be useful for any Brits with State Pensions. It is sometimes difficult for people to find someone with the authority to sign the Life Certificate which is sent to us. There is a useful list of all options on the www.gov.uk website. It is always worth checking the site for info. (Search 'State Pension if you retire abroad' then click on 'Report a change in your circumstances'.)

The Drop Ins this month:

Wednesday 7 June - Céret - 10.30-12

Pablo's Bar in the Place Pablo Picasso. Come and join us for coffee and conversation. Janet will be bringing books along for you to browse and exchange.

Monday 19 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 - Ile sur Têt - 10-12

Lizzie's Kitchen is open to all. Come and join us for coffee, tea and cake.

Thursday 8 June - TUNE IN !

Put a note on your calendar to go online and tune into **Ex-Pat Radio** - Penny Parkinson is their guest on the **11am Girls Do Coffee slot**. Here's the link: <http://ex-patradio.com/show/girls-do-coffee/>

Thursday 22 June - Sunday 25 June

Activity for Life - CYCLE FOR LIFE

Carcassonne to Sete

By popular request, and with the blessing of Andy Shepherd, 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.

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**. We really hope people will come along and line the routes and cheer the riders on. Also, we are still looking for help over the four days so if you are able to come along please contact Penny (sud-president@cancersupportfrance.org).

Have a look at <https://csfcycleforlife.org/> It's an excellent website. It gives you comprehensive information about the route, accommodation & transport packages, cycle hire, fundraising and planning your trip.

LOOKING AHEAD

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

The Activity for Life event in the P.O. is 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.

For now though, just make a note in your diary and wait for more details next month. What I can say is that it will be a great day out for all the family.

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 have already had one or two offers from people willing to give us a hand with preparing and serving the food. It's never too early so if you think you'd like to help us and at the same time have a really great evening, we'd love to hear from you. 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.

All the best
Diana Eastaff

