



# Newsletter April 2024

N° 2024 - 04



## Anglo American Group of Provence

*Published by the AAGP / Editor : Michel PARISOT*

Distributed only to AAGP Members.

### Letter from the Board - April 2024

Well, spring has certainly sprung and we hope you are enjoying this most colourful season in Provence. Warmer and longer days now that the clocks have gone forward! We have celebrated Easter and now we are looking forward to summer.

Last month we enjoyed a celebration of St. Patrick's Day at the beautiful home of Karen Watson. April is a quieter month with an excursion to the Parc Saint-Pons in Gémenos organised for Thursday 25<sup>th</sup>. All our regular activities will be taking place as usual and full details can be found when you read on.

Looking forward, in May we will enjoy another Casino Night on May 4<sup>th</sup> at the Moulin de l'Arc in Trets. The evening of the 25<sup>th</sup> May will be the second of our biannual Sing-Along/Folk Evenings where we will, once again, enjoy the talents of E2G (Elaine, Rod and Michel) at the Brasserie in Les Platanes. On Monday 27<sup>th</sup> May, Mei Yee Lam will share her talents by providing a workshop in flower arranging at her beautiful home in Cadenet.

Looking further ahead, a date for your diary, our end of year family picnic will be on Sunday 16<sup>th</sup> June. Timings and venue to be confirmed but please do mark this on your calendars! As I write this letter, we are still looking for a location (with shade and toilets), so if you have any ideas please contact Karen Watson, our Social Events Coordinator.

Sadly Mary Lou McHugh and Bob Keltz have decided to step down from the organising of the monthly gourmet lunches. I am sure that

#### **The Board 2023/2024 :**

President : Christine WEST, Vice President and Small Groups Coordinator : Jane STORR, Treasurer : Kathleen-Carmel KING, Secretary : Brigitte PONSARD, Newsletter Editor : Michel PARISOT, Social Events Coordinator : Karen Watson, Membership Secretary : Elizabeth GOERGEN, New Member Welcome and Special Projects : Elaine BLANC, PR and Website : Jane WILLIAMS,

#### **Associate Members**

Library: Sue BOUTIER, Newsletter: Sharon LIGHTOWLERS, Social Events: Cheryl WRIGHT

Marseille : Brigitte KRAUS, Activities coordinator : Catherine BOURDONCLE.

all of you would like to join the Board in thanking both of them for the wonderful job they have done over the past 10 years in researching and taking us to highly desirable locations serving the best food with great service within Provence. So, we are actively looking for their replacement. If you have a love of food in stunning locations and have some free time, please do contact Jane Storr (small groups) for more details. However, we do have some positive news, Valerie Belon who is doing a wonderful job organising the Aix lunches has agreed to temporarily take on this role until we break for summer. She will be organising a gourmet lunch in May and one in June (on top of the monthly lunch in Aix). Dates and locations are in the Looking Ahead section.

**As you are aware, Chris West, our president, will be stepping down at the end of the AAGP year so we are actively looking for her replacement. Please do contact Chris for details of the role.**

Please show your support for all our activities and events.

*Best wishes*

*The Board.*

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**AAGP needs a new president as from next September.**

**If you are interested, for further information,  
please contact**

**Chris West : [christine.west64@gmail.com](mailto:christine.west64@gmail.com) / 06 74 53 13 54**

# What's on in April 2024

**Important** : All activities will be organised to comply with the health regulations applicable on the day. Participants are required to comply with the regulations at all times.

**Cancellation policy for paid events:** Any cancellation **after** the specified deadline date will **NOT** be reimbursed unless a suitable replacement has been found.

**2 - Tuesday 14:00**

## **CHESS CLUB**

Calling all Chess Players

**Venue : Chez Gilles Dreyfus, 18 allée Rosaki, route de Puyricard (D 14 A), Aix-en-Provence**

Bus stop : "Rosaki" on bus number 11 is NOT in service anymore. You can get off either the stop before called Residence Beaufort, or the stop after called Fusains; both stops are about 300 yards from Rosaki.

Come and join. All levels welcome, bring your chessboard.

Please let me know if you are attending.

Gilles - [gilles.dreyfus@gmail.com](mailto:gilles.dreyfus@gmail.com) - 06 75 59 82 43



**4 - Thursday 10:00**

## **MORNING COFFEE**

**Venue : Les Gourmandines du Prado, 14 avenue du Prado, 13006 Marseille**

Metro ligne 1 or 2 : Arrêt Castellane

<https://lesgourmandinesduprado.fr/>

Please let me know if you are coming by Friday, March 29th.

Email : [bibik@free.fr](mailto:bibik@free.fr)

Brigitte Kraus



**4 - Thursday 12:15**

## **LUNCH IN AIX** (Moroccan)

**Venue : Le Riad, 21 rue Lieu-  
taud, 13100 Aix-en-Provence**

Located in the heart of the historic center, Le Riad has managed to integrate harmoniously into the former Cordeliers cloister. In a historic monument building, Le Riad has retained its refinement and discreet charm against a backdrop of Moroccan style, offering a journey into the culinary culture of Moroccan traditions. With a diverse selection of tajines and couscous, we'll enjoy delicate and subtle Moroccan cuisine combining in a unique harmony the flavors of traditional North African gastronomy.



Please reserve your spot with me by Saturday, March 30, preferably on the AAGP Facebook page (see events section).

*Valerie Belon*

SMS 07 49 75 9 -49

**7 - Sunday 10:30**

## **PETANQUE**

**Venue : boulodrome de Puyricard**

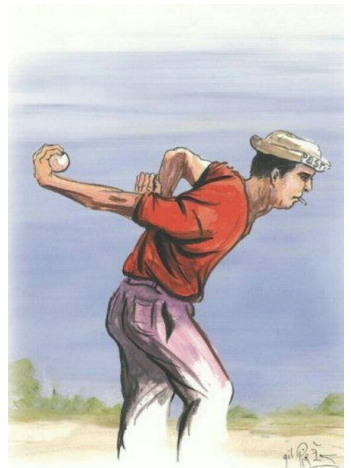
The boulodrome de Puyricard is on avenue Jacques de Régis (toward la route du Seuil). Join us for some fun *pétanque*. No skills required.

Gilles will be in charge of the group, but please answer by email to Deanna if you are attending.

*Deanna*

06 76 39 15 52

[deannalittell@gmail.com](mailto:deannalittell@gmail.com)



# 11 - Thursday 10:30

## BOOK DISCUSSION GROUP

*Lucy by the Sea* by Elizabeth Strout

presented by Diana Chambers

**Venue** : will be sent to signed up participants closer to the date.

As a panicked world goes into lockdown, Lucy Barton is uprooted from her life in Manhattan and bundled away to a small town in Maine by her ex-husband and on-again, off-again friend, William. For the next several months, it's just Lucy, William, and their complex past together in a little house nestled against the moody, swirling sea.

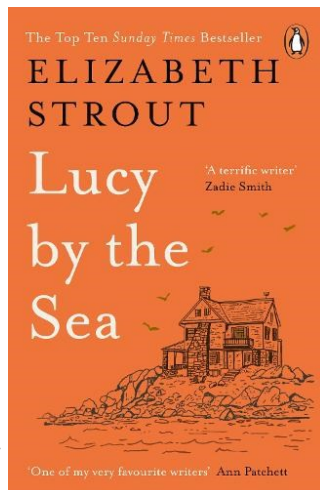
*Lucy by the Sea* vividly captures the fear and struggles that come with isolation, as well as the hope, peace, and possibilities that those long, quiet days can inspire. At the heart of this story are the deep human connections that unite us even when we're apart.

Conversations about books will continue over lunch. Join the group with your own picnic lunch. If you are carpooling, please don't forget a 5 euro donation for the driver to show your appreciation.

Let Nancy and Diana know if you plan to attend the Thursday gathering by Tuesday, April 9<sup>th</sup>.

Nancy Ceridwyn 07 81 84 61 29 [nancy.ceridwyn@gmail.com](mailto:nancy.ceridwyn@gmail.com)

Diana Chambers 06 43 90 38 97 [diana@dianarchambers.com](mailto:diana@dianarchambers.com)



# 11 - Thursday 14:00

## BOWLING

**Venue** : Bowling Le Bras d'Or, 23 bd. Charrier, Aix-en-Provence

Join us for some fun bowling. No prior skills required.



We usually play two games (10 euros including shoes).

Please email me or call 24 hours before.

*Gilles Dreyfus* - 06 75 59 82 43

[gilles.dreyfus@gmail.com](mailto:gilles.dreyfus@gmail.com)

**12 - Friday 12:00**

## **LUNCH IN MARSEILLE**

**Venue : Cédrat, 81 rue Breteuil,  
13006 Marseille**

Métro Ligne 1 : Arrêt Estrangin

<https://www.cedrat-restaurant-marseille.com/>

Please let me know if you are coming by Friday, April 5th.

*Brigitte Kraus* - [bibik@free.fr](mailto:bibik@free.fr)



**14 - Sunday 10:30**

## **RAMBLE - Peyrolles Notre Dame d'Astros**

**Venue : Village of Peyrolles-en-Provence**

We last did this walk in December 2021 and I think it deserves a re-run.

The ramble starts from the village of Peyrolles-en-Provence, takes us across the EDF canal and up in the woods south of the Durance valley, then back along the canal.

There are no particular difficulties as most of the walk is on fire tracks and roads. It is about 10km long with 160m of climbing. It should take between 2h30 and 3h, plus picnic. Suitable for children and dogs (on leads for the first part which follows roads). The path along the canal is a bit uncomfortable underfoot, so walking shoes are recommended.

There are two chapels to visit en route and views of the Luberon hills at various points. After the ramble you can visit the village and see the 15<sup>th</sup> century Château du Roi René (now the Town Hall), where an

annual Medieval Fair is held.

Directions and the exact location of the departure point will be sent out to participants nearer the time. Approximately 30 minute drive from Aix.

Please let me know if you are coming.



Let's hope the weather will be kind!

Cheryl Wright

[Cherylwrightfr@gmail.com](mailto:Cherylwrightfr@gmail.com)

## 14 - Sunday 18:45

## CINE CLUB

**Venue : Chez Deanna & Gilles, 18 allée Rosaki, route de Puyricard (D 14 A), Aix-en-Provence**

For our April selection, we bring you *Spellbound*, a 1945 psychological thriller directed by Alfred Hitchcock and starring Ingrid Bergman, Gregory Peck and Michael Chekhov.

It follows a woman psychoanalyst who falls in love with the new head of the Vermont hospital where she works, only to find out he is an imposter suffering from dissociative amnesia and potentially a murderer.

The film was based on the book *The House of Dr. Edwardes* by Francis Beeding & is a brilliant look by Hitchcock into the world of Freudian psychoanalysis, especially known for its surrealist dream sequence remarkably conceived by Salvador Dali.

The film was a major box office success and was nominated for six Academy Awards, including best picture and best director and won for best original score.

Join us for pizza, popcorn and psychological drama.

Please R.S.V.P. early as places are limited.

*Deanna & Gilles*

06 76 39 15 52



## 15 - Monday 14:30 PLAY READING GROUP

To quote the playwright, we intend to “meet the moment” with our April play - one of the first plays exploring the subject of AI.

Our reading of *Anthropology* by Lauren Gunderson will start at 2.30 pm on Monday 15<sup>th</sup> April; information on script and venue will be sent to signed-up readers nearer the date.

Please email [marcdympna@gmail.com](mailto:marcdympna@gmail.com) if you would like to take part.

*Dympna Donnelly*



## 18 - Thursday 19:00 EVENING DRINK

Venue : Le Trois Quarts,  
139 boulevard Chave,

13005 Marseille. Tram T1 : Arrêt Camas ou Georges

<https://marseille.love-spots.com/adresses/ou-manger/restaurants->



[marseille/100170-le-trois-quarts.html](http://marseille/100170-le-trois-quarts.html)

<https://www.facebook.com/bistroleetroisquarts/>

Please let me know if you are coming by Friday, April 12th.

Email : [bibik@free.fr](mailto:bibik@free.fr)

*Brigitte Kraus*

**21 - Sunday 10:00**

**HIKE**

**Venue : Côte Bleue**

We shall meet on the carpark at the entrance of Niolon, a little village on the coast just off the D5 road between Le Rove and Carry-le-Rouet. We will start our hike from here, passing through

the village and then taking the coastal footpath towards Méjean, another charming village further west. Somewhere along the way, according to weather conditions etc., we will stop for our picnic lunch. Bring the necessary food and water and wear proper hiking gear. I say this even though the path is not difficult and altitude changes are insignificant. Dogs and children used to hiking are welcome. In Méjean (and in Niolon) there is a bar where we can have coffee etc.

We will return to Niolon via the same route. Total hiking time is about 4 hours.

All those wishing to come are invited to call me on 06 60 61 08 65 the day before between 18h and 20h just to make sure this venue complies with all the regulations prevailing on the 21<sup>st</sup> April in that area.

*Roderick MACLEOD.*



**23 - Tuesday 14:30**

## **AFTERNOON TEA**

**Venue : Te Miti, 15 rue des Vignerons, 13006 Marseille**

Metro ligne 1 ou 2 : Arrêt Castellane ou  
ligne 1 : Arrêt Estrangin

<https://www.instagram.com/te.miti/>

<https://marseille.love-spots.com/adresses/ou-manger/patisserie-marseille/204388-te-miti.html>

Please let me know if you are coming by Friday, April 19<sup>th</sup>.

Email : [bibik@free.fr](mailto:bibik@free.fr)

*Brigitte Kraus*



**24 - Wednesday 10:00 to 11:30**

## **MORNING COFFEE IN SAINT RÉMY-DE-PROVENCE**

**Venue : La Maison du Bon Café, 4 boulevard Mirabeau, 13210 Saint Rémy-de-Provence**

This meetup over coffee is co-hosted by AAGP member David Carpita and/or Barney Lehrer from La Table des Amis de Provence as a joint venture of these two non-profit associations.

It is also market day in Saint Rémy, another good reason to attend. Free parking all day at Libération just 300m walking distance from the venue.

No need to email or phone, just drop in.

*David Carpita*



25 Thursday 10:00

## GUIDED NATURE WALK

**DUE TO LACK OF INTEREST THIS EXCURSION HAS BEEN CANCELLED**

**Venue : SAINT-PONS PARK, GEMENOS**

*The walk is 4 km, the area is flat, lots of stops along the way. It is a beautiful and interesting setting, with lush greenery, remains of small-scale industrial activities (wood, coal, pine resin, ice, lime, cade oil, and cereals, a horizontal water wheel). The Cistercian abbey, built in 1205 and run by nuns, was the fourth of the Provençal Sisters (the others are Silvacane, Sénanque, and Le Thoronet). In 1426 the sisters moved to Marseille but Saint Pons retained a religious function until the revolution.*

*There are tables and benches near the car park where we can eat our picnic after the walk. Sorry dogs are not allowed in the park. Please note that this walk closed on March 15<sup>th</sup>. For any information or waiting list please contact me.*

Maud Hansson

[Deffends@hotmail.com](mailto:Deffends@hotmail.com)

29 - Monday 14:00

## BOOK CLUB

**Venue : chez Brigitte Kraus, 99 cours**

**Lieutaud, 13006 Marseille**

Metro ligne 1 ou 2 : Arrêt Castellane ou Notre Dame du Mont ou Tram T3 : Arrêt Rome Dragon

Tea, coffee, soft drinks, home-made cakes and biscuits for 5 euros.

This month's book is *The Motion of the Body Through Space* by Lionel Shriver

Please let me know if you are coming by Wednesday, April 24<sup>th</sup>.

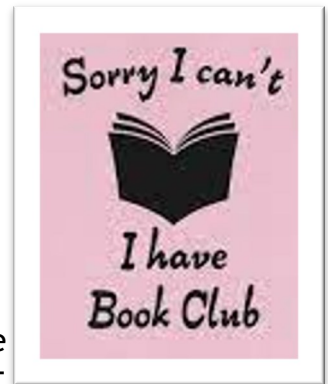
Email: [bibik@free.fr](mailto:bibik@free.fr)

Please note that the books for the following months are :

May : *The Dutch House* by Ann Patchett

June : *French Braid* by Anne Tyler

Brigitte Kraus



# GOURMET LUNCH

A message from Mary Lou and Bob

*for May and June, please consult Looking Ahead*

Hello All,

We're sorry to say this, but we are bowing out of the Gourmet Club lunches that Bob and I have organized with so much pleasure every month for the past 10 years.

Our lives and family commitments have become too involved to enable us to devote the time and energy to research and plan the lunches in the way that we prefer.

So, our fondest hope is that some of you or someone you know might decide to continue with the lunches. We would be happy to assist with attendee address lists, restaurants, and any questions.

If interested, please contact Jane Storr ([ljstorr@hotmail.com](mailto:ljstorr@hotmail.com)) the AAGP small group leader.

We have been touched by your enduring participation and enthusiastic support over the years.

We wish all of you the very best, and bon appétit,

*Mary Lou and Bob*



# LOOKING AHEAD SAVE THE DATE

*Important : All activities will be organised to comply with the health regulations applicable on the day. Participants are required to comply with the regulations at all times.*

**Saturday May 4th**

## CASINO NIGHT

**Venue : Moulin de l'Arc**

Time and booking information will be announced on the One List.

**Friday, May 24th 12:00**

## GOURMET LUNCH

**Venue : Jardin Mazarin, Aix-en-Provence**

Please save the date. Valerie Belon will announce all further information on the One List and in your May Newsletter.

**Saturday May 25th 18:00**

## FOLK EVENING & SINGALONG

**Venue : La Brasserie des Platanes, 2112 route de Siste-ron, Aix-en-Provence**

Elaine, Michel and Rod - E2G - invite you to **Brasserie des Platanes**, for the next **AAGP Folk Evening and Singalong !**

Just a few minutes north of Aix centre, the brasserie welcomes us into its friendly informal atmosphere, with plenty of free parking available and easy access from Aix town centre and the A51.

As usual we have lots of new songs and we will also cover as many of your « old favourites » as possible.

A hot and cold buffet meal will be served during the intermission



and wine will be served throughout the evening.

Cost per AAGP member is 20 euros which includes the buffet meal, wine and of course the music and song-book! Non-members accompanying members will pay full price of 30 euros each. Booking opens on **Saturday April 27th** and will close on **Saturday May 18th** or before if all places are taken. A reminder will be sent out on the One List.

Please remember that places are limited, so be sure to book early to reserve your place, once booking opens.

Booking is by email to Elaine at [eda.blanc@orange.fr](mailto:eda.blanc@orange.fr) before closing date latest. All instructions for payment and other necessary information will be sent when your email reservation is received. All questions to Elaine at the same email.

We hope you will join us for another evening of music, song and good company!

*E2G - Elaine, Michel and Rod*

**Monday May 27th 14:00 to 17:00**

## **FLOWER ARRANGING WORKSHOP**

**Venue : chez Mei Yee Lam, Cadenet 84160**

In this workshop, Mei Yee will once again be sharing her trained florist (CITY & Guilds UK-based) knowledge.

You will learn about basic formulas to shapes, forms, texture and colours. These principles work for many settings for weddings, birthdays, receptions, presentations and more.

This event is open to seven people - ideally six newcomers and one attendee from the previous workshop (May 2022) - and will cost 10 euros per person for materials. Attendees should also bring flowers of their own choice and secateurs/floral scissors.

This workshop will last about three hours with a break in the middle so those who come please bring a cake to



share. Tea and coffee will be provided.

At the end of the workshop, participants can take arrangements home so allow some space in your car for these.

If you wish to attend, please reply to Mei Yee at [mysarthouse@gmail.com](mailto:mysarthouse@gmail.com) by **27 April**, to allow time for preparation. Participants will receive all additional information after reserving.

*Mei Yee Lam*

**Friday 14<sup>th</sup> June**

## **GOURMET LUNCH**

All information in your May and June Newsletters.



**Sunday 16<sup>th</sup> June**

## **ANNUAL AAGP FAMILY PICNIC**

Please be sure to save the date for this annual event!



# LOOKING BACK

## Ramble



## Professional associations (English speaking)

The Bereavement Support Network offers individual support, by phone or video, to English Speakers in France who are grieving, those who are terminally ill and to their carers. We also signpost people to resources, information and additional help. You can access us either by calling 06 24 50 22 74 (M-F, 9-5) or 24/7 at our website [www.bsnvar.org](http://www.bsnvar.org)

Cancer Support France provides emotional, linguistic and practical support for English speaking people in France touched by cancer. They are also able to provide information on existing residency applications for UK nationals resident in France prior to 31 December 2020.

Tel: 08 00 24 02 00

Email: [helpline@cancersupportfrance.fr](mailto:helpline@cancersupportfrance.fr)

Website: <https://cancersupportfrance.org>

SOS Helpline France for English speakers (similar to Samaritans)

Tel: 01 46 21 46 46 (3pm to 11pm daily)

Website: <https://www.soshelpline.org>

The Samaritans: UK based with overseas lines (not free):

Tel: 00 44 330 094 5717 or 00 44 8457 90 90 90

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Counselling in France - a website which includes a range of English (and other languages) speaking therapists and counsellors all over France.

Website: <https://www.counsellinginfrance.com>

Red Cross Helpline in English

Tel : 07 86 28 11 99 open 09:00-17:00 Monday to Friday.

Email: [English-helpline.st-lois@croix-rouge.fr](mailto:English-helpline.st-lois@croix-rouge.fr)



**Bereavement  
Support  
Network**

# Regular events

## **Bridge**

On Tuesday 14:00

Contact Lish **GOERGEN**

## **Library**

Wednesdays and Saturdays 9:30 - 11:30

Maison des Associations, Mairie Aix-Sud

75 route des Milles, Pont de l'Arc.

For more information, refer to :

[www.aagp-provence/library.php](http://www.aagp-provence/library.php)

# Useful

**Contact the editor :**

[newsletter@aagp-provence.com](mailto:newsletter@aagp-provence.com)

**To advertise**

[smallads@aagp-provence.com](mailto:smallads@aagp-provence.com)

See website for terms and conditions

**Website**

[www.aagp-provence.com](http://www.aagp-provence.com)

« The member's version is only accessible by password which is in the Members'List Booklet  
The AAGP is not responsible for the contents of any published advertisements, nor for the quality of goods, services or products being offered for sale or otherwise. »

**Look before you book !**

If you are planning an event, please contact our calendar coordinator **FIRST** to check that your date doesn't clash with another event.

**Ideas for organising a new activity or an excursion ?**

Please contact Catherine **BOURDONCLE**, our activities coordinator at

[cbourdoncle13@gmail.com](mailto:cbourdoncle13@gmail.com)

at least one month in advance of your event and before you advertise it.

**Important**

The civil liability insurance held by AAGP does not exempt participants in AAGP activities from holding personal civil liability insurance valid in France.

