



# Newsletter January 2026

N° 2026 - 01



## Anglo American Group of Provence

*Published by the AAGP / Editor : Michel PARISOT*

Distributed only to AAGP Members.

### Letter from the Board - January 2026

The New Year often means New Year's Resolutions, new challenges and new projects! And with the AAGP Board now a full team with two new appointments, a lot is planned for 2026!

With our association as strong and active as ever, we can look forward to a host of activities and projects to share and support our culture, while enjoying everything this amazing region has to offer.

In January we have the Open Mic Evening at O'Shelby's in Luynes organised by Michel Parisot and Rod Macleod. If you have a hidden talent, whether it's your voice, or musical ability or you even feel up to performing some "stand-up" - the evening of Sunday the 11<sup>th</sup> January will be the time to reveal all! And then to cool things down we have a special talk on sleep and sleep techniques by Mei Yee on the 26<sup>th</sup> January at the AAGP library. In addition to these events we have all our regular small groups, the coffee morning "drop-ins" and our weekly apéros, which have proved popular whatever the weather. Margaret Ings, our "apéro host" snapped this month's cover photo from La Belle Époque café where the event has been hosted during the winter months.

Spring activities are already being planned - something for Valentine's Day .... watch this space! .... and pencil in Saturday 21<sup>st</sup> March for our annual Quiz Night (more in "Looking Ahead").

The end of last year was just a taste of what's to come:

Sixteen members participated in the huge Thanksgiving meal organ-

#### The Board 2024/2025 :

President : **Julie WRIGHT**, Vice President and Small Groups Coordinator : **Jane STORR**,  
Treasurer : **Kathleen-Carmel KING**, Secretary : **Patricia Burkhardt**, Newsletter Editor :  
**Michel PARISOT**, Social Events Coordinator : Jean-Louis Morgenthaler, Membership  
Secretary : **Elizabeth GOERGEN**, New Member Welcome and Special Projects :  
**Elaine BLANC**, PR and Website : **Jane WILLIAMS**,

ised by La Table des Amis in Saint-Rémy in November. December saw a “flash book sale” organised by the library team on 13<sup>th</sup> December. This was followed by the Carol Drinkwater talk and lunch in Aix, organised by Tim Molyneux and Katrina Donaldson, and then a fabulous cookie exchange took place at the initiative of Suzanne Cochet.

It’s particularly heartening when members come forward with an initiative, such as the cookie exchange, and we also thank those who answered our call for help in creating questions for Quiz Night.

So Happy New Year and many thanks for all of your support! May 2026 bring peace and joy, and lots of opportunities to bring members together to share the good times!!

*Julie Wright, President, on behalf of the Board.*

## What’s on in January 2026

**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.

### 4 - Sunday 10:30

## PETANQUE

**Venue : Boulodrome de Puyricard,**

**intersection avenue Jacques de Régis & blvd de Carelle**

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 Littell*

06 76 39 15 52

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



**5 - Monday 14:00**

## **BOOK CLUB**

**Venue :** You will be informed of the location before the date.

This month's book is *The Guernsey Literary & Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows.

Please note the books for the rest of the year.

As the December meeting was postponed until early January, the dates of the following book clubs may also be changed. This will be decided later.

Date to be set either at the end of January or the beginning of February : *How to Fly a Horse: The Secret History of Creation, Invention, and Discovery* by [Kevin Ashton](#).

February : *The Great Gatsby* by F. Scott Fitzgerald

March : *The Plot* by [Jean Hanff Korelitz](#)

April : *The Sentence* by [Louise Erdrich](#)

May : *Dear Life* by Alice Munro

June : *Trespases* by [Louise Kennedy](#)

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

**5 - Monday 14:30**

## **PLAY READING GROUP**

Fifteen years ago, the AAGP play reading group started life with *Arcadia*, so as a tribute to the playwright Tom Stoppard, who died in December, we will start 2026 with *Travesties*.

Information on script and venue will be sent separately to readers.

Reading will start at 2.30 pm on Monday 5<sup>th</sup> January.

Please email [marcdympna@gmail.com](mailto:marcdympna@gmail.com) if you wish to sign up.

*Dympna Donnelly*



7 - Wednesday 10:00

## BOOK DISCUSSION GROUP

Venue : Home of Cheryl Wright, 39 av. J & M Fontenaille,  
Aix-en-Provence

*The Martins* by David Foenkinos

presented by Michele Pic-Duguet

Is it true that every life is the stuff of novels? Or are some people just too ordinary? This is the question a struggling Parisian writer asks when he challenges himself to write about the first person he sees when he steps outside his apartment. Secretly hoping to meet the beautiful woman who occasionally smokes on his street, he instead sets eyes on octogenarian Madeleine. She's happy to become the subject of his project, but first she needs to put her shopping away.

He'll soon realize he is not the impartial bystander he intended to be, but a catalyst for major changes in the lives of his characters. *The Martins* is a compelling tale of the family next door which raises questions about what it means to be 'ordinary', and about the blurred lines between truth and fiction.

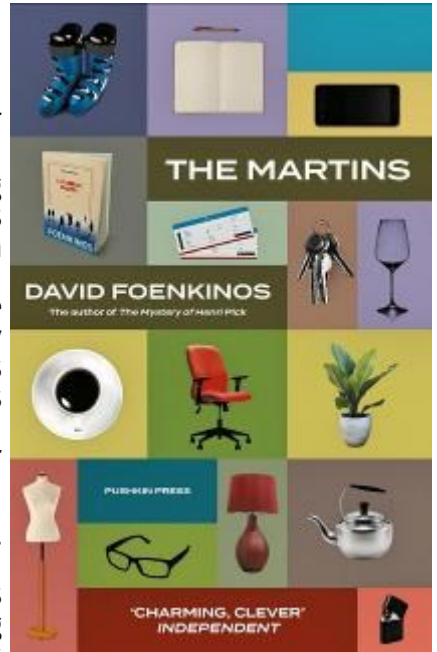
Email your reservations by January 1<sup>st</sup> to Nancy, Michele and Cheryl.

Nancy Ceridwyn 07 81 84 61 19 [nancy.ceridwyn@gmail.com](mailto:nancy.ceridwyn@gmail.com)

Michele Pic-Duguet 06 65 10 07 81 [michelepicduguet@gmail.com](mailto:michelepicduguet@gmail.com)

Cheryl Wright 07 68 06 54 24 [cherylwrightfr@gmail.com](mailto:cherylwrightfr@gmail.com)

Nancy Ceridwyn



**8 - Thursday 11:00**

## **MODERN POETRY GROUP**

**Venue : Chez Angie Pyman, 4 rue Condorcet, Friedland 4, 13100 Aix-en-Provence**

The dates for the Poetry Group have changed to the second Thursday of the month, as the Book Club has moved to the fourth Wednesday and this way I hope you'll have your literary pleasures widely spread!



The theme for January is Telling Stories. Please let me know which poem you have chosen - title and author - by the previous Tuesday evening (6<sup>th</sup> January) and be prepared to introduce the poet briefly and to read the poem to the group.

*Angie 06 72 40 46 41*

*angiepyman@gmail.com*

**8 - 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. (14 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)*



**9 - Friday 10:30 to 12:00**

**FRENCH CONVERSATION** - *please note change of venue*

**Venue : Café La Rotonde, 2A place Jeanne d'Arc, 13100 Aix-en-Provence**

French Conversation takes place every other week, from 10:30 to 12:00. Caution: we now meet up at **La Rotonde** (more space inside, better acoustics).

You needn't worry about your level of French. We always do our best to make everyone feel comfortable and enjoy a friendly conversation. In addition, to share resources, learning techniques and methods, tips and meeting details, we now have a WhatsApp group called "French Conversation" which is a private group only open to AAGP members attending or having attended our conversations.

Please let me know if you are coming 48 hours before. *Jean Louis*  
[jeanlouis.morgenthaler@sfr.fr](mailto:jeanlouis.morgenthaler@sfr.fr)  
06 61 86 53 54

**11 - Sunday 17:45**

**CINECLUB**

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

*THE AFRICAN QUEEN*, the 1951 film starring Katharine Hepburn and Academy Award winner Humphrey Bogart, tells the timeless tale of two mismatched strangers joining forces in a common cause and finding love along the way.

The story chronicles the burgeoning romance between Bogie's river rat Charlie Allnut and Hepburn's missionary Rose Sayer as they reluctantly join forces to torpedo a German gunboat in war-torn East Africa.

Directed by Academy Award winner John Huston and filmed on location in the Belgian Congo, the *African Queen* is arguably one of the



finest films ever made, with one of the most legendary star pairings ever to appear on the screen.

Join us for pizza, popcorn & a great classic.

*Deanna & Gilles*

06 76 39 15 52



**11 - Sunday 18:00**

## **OPEN MIC' NIGHT**

**Venue : O'Shelby's Pub, Luynes, 8 D8N** (near the roundabout at the exit of Luynes towards Marseille), large parking lot.

- - - - **ALREADY FULL** - - - -

All "performer" places are now taken and there are only a few spectator places left, so hurry and register !

Price: **20€** per person including two drinks and nibbles to share.

An open stage is an ideal opportunity to discover members' talents, meet other music enthusiasts, and spend a friendly evening in a relaxed and welcoming atmosphere.

For more details and for registration, feel free to contact Michel PARISOT - [mitch131pari@gmail.com](mailto:mitch131pari@gmail.com)

See you there! ♪

*Organizers: Michel and Roderick*

**15 - Thursday 14:30**

## **AFTERNOON TEA**

**Venue : Lilou's Cake and Bakery, 29 rue du Dr Fiolle, 13006 Marseille** - Metro ligne 1 or 2 : arrêt Castellane or bus 41 (direction Rond-Point du Prado): arrêt Paradis Fiolle

<https://www.instagram.com/lilouscakeandbakery/?hl=fr>

Please let me know if you are coming by Friday, January 9<sup>th</sup>.

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



**16 - Friday 12:00 to 14:00**

## **DISCOVER ASIAN FOOD' LUNCH**

**Venue : Chez Dee, 66 chemin de Rapine, Aix-en-Provence**

**Some like it hot ! To start 2026 on the right note, I thought I'd cook one of my favourite, spicy dishes - Misaal !**

A mouth-watering, popular, all-day breakfast dish from my hometown, 'Misaal Pav' is a vegan, sprouts-based curry topped with crispy garnishes and served with soft bread. (The hot curry sauce on the side is sure to open up your sinuses :)



More details on the OneList early January. Lunch spots limited to 10 participants.

Email Dee at [gayatripotdar@yahoo.com](mailto:gayatripotdar@yahoo.com) to reserve.

*Dee*

**19 - Monday 12:00**

## **LUNCH IN MARSEILLE**

**Venue : Brasserie Le Meteor**

**19 cours Honoré d'Estienne d'Orves,  
13001 Marseille - Metro ligne 1 : arrêt  
Vieux Port**

<https://lemeteor-marseille.fr/>

<https://marseille.love-spots.com/adresses/ou-sortir/bars-marseille/223989-le-meteor.html>

Please let me know if you are coming by Monday, January 12<sup>th</sup>.

*Brigitte*

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



**23 - Friday 10:30 to 12:00**

## **FRENCH CONVERSATION**

*- please note new venue -*

**Venue : Café La Rotonde, 2A place Jeanne d'Arc, 13100 Aix-en-Provence**

All information as given for Friday 9<sup>th</sup>

*Jean Louis [jeanlouis.morgenthaler@sfr.fr](mailto:jeanlouis.morgenthaler@sfr.fr)*

06 61 86 53 54



**23 - Friday 18:30**

## **CARD PLAYING**

**Venue : Le Darius,  
115 avenue Giuseppe Verdi,  
Aix-en-Provence**

Let's kick off the new year with some old favorites or perhaps a new card game.

Please let me know by January 16<sup>th</sup> if you plan to attend, so I can notify Le Darius of the number of participants.

*Paula Mullineaux*

07 68 53 38 22 / +1 240-602-7978

*[pmullineaux@comcast.net](mailto:pmullineaux@comcast.net)*

**24 - Saturday 18:45**

## **BURNS NIGHT**

**Venue : Domaine du Moulin de l'Arc,  
1604 route de Rousset, 13530 Trets**

We hope you enjoyed a good time over Christmas and the New Year and are now ready to



celebrate the Bard with us at the Domaine du Moulin de l'Arc, 1604 route de Rousset in Trets.

Be ready to enjoy neeps, tatties and McSweens haggis, accompanied by the skirling of the pipes and Scottish country dancing.

Whisky punch apéro at **6.45pm** and dinner starting at **7.30pm** sharp.

The cost is **€35** per person. Unfortunately we can only accept AAGP members, as numbers are limited.

To reserve please TELEPHONE ME on **06 86 73 43 19** after 4<sup>th</sup> January. NO EMAILS PLEASE.

Please do not wait until the last minute as we must order the haggis from abroad by the 10<sup>th</sup>.

Reservations are considered confirmed only upon receipt of payment by 18<sup>th</sup> January.

Payment can be made by

Bank transfer: the AAGP RIB is on our website in the Members section. **Don't forget to indicate your name and the event.**

Bank cheque, made out to AAGP and received by me by Jan 18<sup>th</sup>

We look forward to seeing you there : don't forget your dancing shoes!!

*Lish Goergen*

*06 86 73 43 19*

**25** - Sunday 10:00

**HIKE**

**Venue : Cap Morgiou**

We will meet at the "Chez Zé" bar restaurant at the far end of the chemin de Morgiou in Marseille. This spot is reached easily once you have passed the Baumettes prison walls.

Our hike starts on a path which leads through a forest and takes us up to the col de Morgiou (approx. 200 metres altitude), and at which point we have a commanding view over the coastline. We will then continue, following a ridge, in the direction of the "Cap de Mor-



giou". On the way we will pass the ruins of a 17<sup>th</sup> century fortress and the famous "Grotte Cosquer" calanque. Just before reaching the end of the cape, we will stop somewhere for our picnic lunch and then head back to the cars following the same route.

This hike presents no particular difficulties, so children used to hiking and dogs on a leash are welcome. Please bring plenty of food and drinking water, and wear proper hiking gear for winter conditions. Total hiking time should be about 4 hours.

All those wishing to come are requested to call me the day before between 18h and 20h on 06 60 61 08 65 just to make sure that this venue complies with all the regulations prevailing.

*Roderick MACLEOD*

**26 - Monday 10:30**

## **MORNING COFFEE**

**Venue : Bonnies, 89 cours Lieutaud, 13006 Marseille**

Metro ligne 1 arrêt Castellane or ligne 2 arrêt Notre Dame du Mont or tram T3 arrêt Rome Dragon or bus 41 arrêt Lieutaud - Salvator

<https://lefooding.com/bars/bonnies>

Please let me know if you are coming by Wednesday, January 21<sup>st</sup>.

*Brigitte*

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



**26 -Monday 14:00**

## **MIND APPROACH TO SLEEP**

**Venue : AAGP library - 75 route des Milles (CD 9) Aix-en-Provence**

As a hypnotherapist and coach, I'm offering this space to address a growing nationwide issue: from sleeping less and less to full insomnia across all ages. **Sleep difficulties do not have to be permanent.**

In this presentation, we'll explore the different stages of sleep, how

the body naturally restores itself, and why the mind sometimes keeps us awake. We'll look at simple, gentle ways to sleep even when thoughts are busy, or the body feels uncomfortable. Participants will learn how to work *with* their minds rather than against them, and begin welcoming calm, restful, and reliable sleep back into their lives.



This is a free event and for members only.  
**25 places.**

Please reply to let me know if you will be attending, or book directly with me : [evolvemindsinfo@gmail.com](mailto:evolvemindsinfo@gmail.com)

**Closing date to register: 21<sup>st</sup> January**

*Mei Yee Lam*

**28 - Wednesday 10:00 to 11:00**

**MORNING COFFEE**

**IN SAINT-RÉMY-DE-PROVENCE**

**Venue : La Maison du Bon Café, Saint-Rémy-de-Provence**

This meetup over coffee is hosted by AAGP member David Carpita and/or Sue Poole from La Table des Amis de Provence.

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*



# LOOKING AHEAD - SAVE THE DATE

**Thursday 26<sup>th</sup> February 12:00**

## LUNCH (just) outside AIX

Save the date now for this traditional French home cooking, just outside Aix, in Puyricard.

This is a truckers' restaurant where the helpings are generous, the food is prepared on the premises and prices are very reasonable.

Places will be limited, so watch this space for all information in your February Newsletter and on the OneList.

*Eleanor Sheil*

**Saturday 21<sup>st</sup> March  
evening**

## QUIZ NIGHT

**Venue: Moulin de l'Arc, Trets**

This ever-popular event will be back with spring and the blossoming almond trees.

Quiz is a fun and interactive team game to play with old and new friends, seasoned AAGP members or newcomers.



Are you eager to put your knowledge to the test? We hope so.

Save the date, and watch for full details of how to sign up in your February Newsletter.

*"The Quiz Team" - Lish, Geoff, Jana, Joseph and Jean Louis*



**ASIAN FOOD LUNCH**



# CHRISTMAS FAIR – Marseille



# SMALL ADS January 2026

## PLANNING A MOVE ?

We are there for you -- [www.fd-platinum.com](http://www.fd-platinum.com) has you covered with offices in France, the UK, the USA, Dubai and Hong Kong. Our free video survey allows us to provide competitive door-to-door rates. Your local contact :

[jpdelahaye@yahoo.com](mailto:jpdelahaye@yahoo.com) or tel : 06 44 90 83 58

## ANNA CAPPELLINI

### PSYCHOLOGIST in MARSEILLE

Hi, I'm Anna, a clinical psychologist working in central Marseille and online. As an expat myself, I recognize the value of therapy in a familiar language. My integrative approach is based on open and authentic dialogue, in which I actively participate.

RDV :

[psy.annacappellini@gmail.com](mailto:psy.annacappellini@gmail.com)

More info : <http://www.psy-annacappellini.com/en/contacts>



## 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 the board 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.

## Professional services

The Bereavement Support Network (BSN) offers individual support by phone or video, to English Speakers in France who are grieving, those who are terminally ill and to their carers. BSN also signposts people to resources, information and additional help. Services and information can be accessed through our contact form on our website [www.bsnvar.org](http://www.bsnvar.org) or through our email address [info@bsnvar.org](mailto:info@bsnvar.org)"

email: [info@bsnvar.org](mailto:info@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)

# MINI BOOK SALE

