

CLUB INTERNATIONAL



Autumn 2019

JUST LOOK AT WHAT 20€ A YEAR BUYS YOU AT THE CLUB!



Language classes at all levels



Tennis



IT Workshop



Dancefit



Bridge



Art Appreciation



Needlecraft



Café Philo



Table Tennis



French Civil Service



Yoga

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To **Thea and Johan Berris**

Gefeliciteerd met jullie 60 jarig huwelijk

Many congratulations on your 60th wedding anniversary

AWESOME AQUARELLES

June 28th was hot and humid. Undaunted by the heat, 100+ members and guests filled the Atelier Lily for a spectacular Vernissage where 16 members presented over 70 of their works of art. These paintings were the result of an intensive five week workshop given by the hugely talented Marilyn Jacobs. At each session, Marilyn taught methods used by various artists and each week, different themes and techniques were introduced.



And the winners are:

People's Choice:

Sarah Bellis Jones with
"Evening on the Water"
Marilyn Jacobs for
"Boat Harbour after J. Zbukvic"

Judge's awards for Best Water Colour:

Rosey Dyer's "Poppies"
Karen Perry's "Boats at Dusk".

The Most Creative awards:

Janet Austin and Lynda Usher-Davis.

The Encouragement Awards:

Tricia Christian and Carol Stevenson.

Congratulations to all the artists for such brilliant work, some of which was subsequently displayed in the Club room.

PS

the vernissage, apart from being an artistic triumph, also raised 170€ for the charity, Les Amis des Chats.

LE TRIO OPUS 82

August 4th concert - Eglise de Saint-Romain

Rita van Weerd (viola da gamba), Ed van Weerd (harpsicord) and Anne Noiro-Nérin (flute) have, throughout the summer, given a number of other well-supported concerts in the area.

If you enjoy Baroque music, do consult the monthly Calendrier Culturel, compiled by Ed, so you don't miss any future concerts by this talented, professional trio.



Summer's over,
Edward, so deal with
it and start raking!

BRIDGE CLUB

Whether a beginner or a bit of a pro, why not join the group playing in the Club room every Thursday at 2pm?



DID YOU KNOW...

...in 1922, Montaignu had a railway station? It was the end of Ligne 6 from Valence d'Agen, 42 km away. The journey time to Valence was well over two hours and the steep inclines on the track often meant that adult passengers had to get out and walk though, as far as we know, they didn't have to push as well.

Unsurprisingly the service didn't survive the advent of cars and people deserting the countryside in favour of the cities. Ligne 6 finally closed in 1934.

Montaignu station then and

If this bit of recent local history interests you, there's quite a lot of info on the internet and you'll find marked walks that follow the railway track. While driving around, it's also easy to spot old stations (now mostly converted into houses).

In general the old tunnels are impassable but there is one at Castelsagrat (310 mtrs long) which has recently been renovated for the benefit of walkers and horse riders alike.

now



"Better to remain silent and be thought a fool than to speak out and remove all doubt." - Abraham Lincoln

CLUB SUMMER DINNER

June 27th

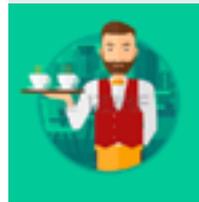
On an exceptionally hot evening, twenty-eight Club members, decked in their summer finery, enjoyed a splendid meal at the Brit Hotel in Fumel where the chef excelled himself with his choice of main courses: boeuf en croute or salmon. With the high temperature that day, the already wilting members opted to be cool rather than enjoy aperos on the hotel terrace which meant forgoing the splendid views over the Lot Valley.

The event was organised by Shirley Sears-Black, who as always, took great care to ensure that the evening was a huge success.



CAFE DU SAMEDI

A heartfelt plea for more kind volunteers to serve tea and coffee on Saturday morning.

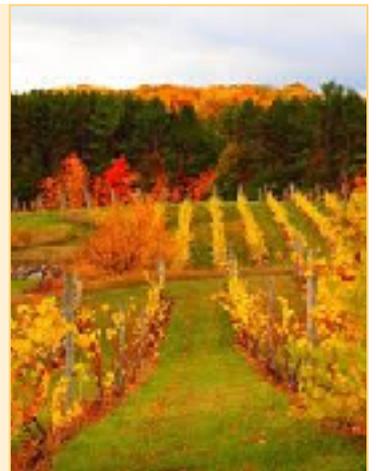


You don't have to look like this but it helps!



AUTUMN COLOUR

The vines are simply stunning at this time of the year and hopes are high that the 2019 grapes will produce equally stunning results.



FIREMEN'S BALL

Montaigu market square, August 2nd

Our Club fielded quite a team for this event as 34 members came to support an incredibly worthy cause: the pompiers. The help, kindness and dedication that these men and women give the community is priceless.

The evening started with an interesting and reassuring demonstration by the pompiers showing how they'd rescue an injured person from a high platform or balcony.

A delicious supper using local produce followed - melon, jambon cooked on an enormous rotisserie. The meal ended with probably *the best eclairs ever*.

At midnight after the dancing, the pompiers,

with their friends and families, cleared the area ready for Saturday's market

In the morning, who'd believe that an event of that scale - over 400 people attended - had been in full swing just hours before?

It was all great fun so if you're in Montaigu in August next year, it's a 'must'.

Hats off to the organisers!



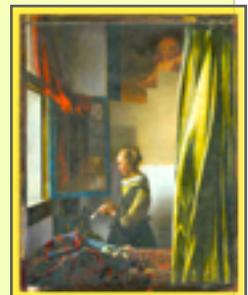
ART APPRECIATION COURSES

Start **Wednesday 23rd October**
16h30 - 17h30 in the Club room

These six courses, run by Louise Massey, can be delivered in English and French and will cover:

- What might we look for in a painting?
- Do we like it - if so, why? – and if not, why not?
- Pre-Raphaelites
- Impressionism
- Neo-Classicism
- A brief glance at abstract impressionism

Full details have been sent to members and are available on our website. If you'd like to enrol for these courses, please contact the Club or email Louise - louise.massey@clubintquercy.fr



CLUB OPEN DAY - 21st SEPTEMBER



It was another well-attended and successful morning.

A number of new people joined the Club and the animateurs found trade was brisk with members, new and old, signing up for their classes.

BBQ FOR ANIMATEURS

20th August

As a 'thank you' for their hard work, the committee invited all the Club animateurs to a brilliant BBQ hosted by Lesley and Brian Townley. It was the perfect location and, in spite of the heavy downpours in the morning, the weather was unexpectedly perfect too.

Lesley prepared the delicious meal, Brian manned the BBQ and barman for the day was Jan van der Heijden.

A super occasion which was very much appreciated and enjoyed by the animateurs and their partners.



ABSTRACT PHOTO EXPO

Here's a mini selection of the innovative photos exhibited in the Club this August.



NOD OFF WITH NASA

Mid afternoon, low energy? Just taking a nap can recharge those batteries.

NASA's research showed that a snooze can restore cognitive function at the same rate as a full night's sleep. The space agency found that pilots who slept for 26 minutes showed up to 54% improvement in alertness compared to pilots who didn't nap. But 26 minutes might be a bit long?

Although catnapping improves reaction time, attention and memory, longer naps send you into a deep sleep, which contributes to the grogginess experienced on waking up.

Effective power naps are, apparently, between 10 and 20 minutes long. Just those few minutes shut-eye will make a huge difference.

Some notable nappers

Napoleon Bonaparte, Winston Churchill, Salvador Dali, John F Kennedy, and Margaret Thatcher.

next national napping day
March 9th 2020



WOW! SUCH TALENT!

Here are just some of the remarkable examples of work by Friday's needlecraft group which will adorn the Club room till mid October.



LES PAYSANNERIES, THÉZAC

July 27th

Torrential rain on the 27th, meant this show, a fascinating insight into French rural life in the 1880s, was postponed till the following day. Sadly only eight of the original twelve members were able to go on the 28th.

In the spectacle, local actors expertly demonstrated some farming methods of yesteryear, including, of course, using oxen for ploughing. The meal followed; the wine flowed.

If you've never been to Les Paysanneries, do try and go next year - it's an entertaining and informative evening out.

(The daughter of Netgie Lechevre, a Club member, wrote and narrated the commentary for the show).



Oxen - these magnificent beasts were standard farming 'kit' in the 1880s

DIARY DATE

Club Christmas Lunch
5th December
**yes, December
already.....**

**NEW MEMBERS****WELCOME!**

Paula BARBER	BR
Antony ONASH	BR
Malcolm WINDSOR	BR
Corinne MICHEL	FR
Nicolas MICHEL	FR
Julie BEVAN	BR
Adrian BEVAN	BR
Dennis LAMBERT	BR
Martine WYBAUW-LAMBERT	BR
Michelle EDELINE	FR
Sarah RICÉ	FR
Victoria GRACE	NZ
Francis JARNOLE	FR
Monique JARNOLE	FR
Françoise MOUNIER	FR
André WILLI	FR
Richard COMFORT	BR
Sue KELLY	BR
Robert FORREST	BR
Lucinda R GARDNER-O'BRIEN	BR
Ken HARRISON	BR
Tracey KIRKHAM	BR

CLUB COMMITTEE

President
Vice President & Hospitality
Vice President & Communications
Treasurer
Secretary
Assistant Treasurer & Voyages
Assistant Secretary
Meals

Colette Guichard
Julia Jones
Jan Van der Heijden
Jo Ryan
Lesley Townley
Sarah Pegg
Monique Morlier
Shirley Sears Black

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