



PRESIDENT'S LETTER – September 2011

Dear Ladies,

Welcome back to all members and especially to those whom we have not seen for some months. I am sure many of you will feel as though you have been running a hotel or bed and breakfast for the summer, and whilst it is nice to catch up with family and friends, how wonderful it is to be back to 'normal'!

It has been a long hot summer but thank surroundings without all the traffic and tourism and it brings valuable employment. area who are no longer forced far from it is with tongue in cheek that we complain.



Many of our members or their loved bereavement over the last months. Can I whatever way you can if you become aware

fully we can now start to enjoy our lovely crowds. Our region is heavily dependent, on This is especially important to the young of the home and family in search of work. Therefore

ones, have experienced health problems and please, once again, appeal to you all, to help in of such difficulties?

The person involved can always decline the think or feel they have been overlooked. will do it". It is better that your member myself, receives a call or email from every

offer of help but better that than they should Our greatest pitfall is in thinking "someone else coordinator Gloria Crowther, Jan Churchman or member, rather than leave someone in distress.

The world, and especially The Euro zone, is falling in around our ears according to the news, but we continue to enjoy a piece of paradise in this little corner of ours.

On behalf of the committee may I say we look forward to seeing as many of you as possible participating in events during the following months?

I wish you all a peaceful and healthy autumn.

Marie Bowie

Monthly Meeting—8th September


The first Monthly meeting after the summer break consisted of the club giving members a glass of "bubbly" to welcome in the new 'club year', and perhaps aid discussion in the small groups that were formed at the end of the meeting to discuss what members wanted from their club. Feedback from this session will be given to members at the next meeting.



If any non-meeting attending member has any suggestions please let one of the committee know.

Members Co-Ordinator:

This is a new role and has been set up to help/guide Members with problems particularly those related to moving to France and to co-ordinate names and rosters of people wishing to aid members who are ill (like Val, for instance) with regard to visits and needs, etc.. **Gloria Crowther agreed to act in this role.**

Book Club: the  next meeting will be held at Carole's house, as the Maison pour Tous is not available. Usual time 10 - 12. Please contact Carole direct for further information. New members always welcome.

Zumba Classes: Carole will be starting a Zumba  class at her house 10am on 14th Sept. As this is not a WICM event, it is at your own risk should you suffer an injury. Suitable clothing suggested shorts, t shirt and trainers. Also bring water to drink and 2 small full water bottles to act as your 'Zumba' stick.

Gourmet Girls: there will be no meeting in September next one in October Venue to be announced.



Anglo/French Conversation: Bon jour tous les monde. We are planning to restart this conversation group at Beaumont on 18th October (i.e. the Tuesday after the WICM monthly meeting .) from 10.00-12.00. We hope to get a good group of about 10-12 people, minimum, who wish to improve their conversational skills. You will need to have a basic use of both languages .Maybe at a later date we can start a beginner's group ? Please let me know if you are interested on 04 67 77 19 06 or kirby.catherine@neuf.fr - before the next WICM meeting on October 13th. VENEZ NOMBREUX! Catherine Kirby .

Novice Sailing Group: Julia Buckland asked if anyone was interested in a Novice sailing group. Please contact her for details.



Songs At Sunset: Heather Curry announced that 'Songs at Sunset' will be arranged for a date to be announced or perhaps may take on a Christmas theme.



Golf: Heather also asked if any members interested in golf would like to form a team. Please contact Heather direct.

Dress Exchange: this will take place at Carole's house in November in aid of Cancer Support France L/R. Please keep this in mind if sorting out clothes etc..



Next meeting: Thursday Oct 13th at 'Maison pour Tous' and the guest speaker will be Mme Townsend, a community nurse who has worked for over 20 years in France. We are hoping she can enlighten us on some of the support systems which are available under the French Health System.

If anyone ever wondered if there was life after being a Present of WICM, I think the photo of Catherine says it all—they get the job of sweeping up after the meetings! Well done Catherine keep up the good work!



Summer Event— EVENEMENT D'ETE

Le 12 juillet 2011, les 44 membres de WIC et leurs invités se sont rencontrés au restaurant de Domaine Beaumont, près d'Agde, pour passer une magnifique soirée.

Même qu'il pleuvait et faisait lourd tout le monde s'amusait et se sentait bien dans ce joli cadre d'une campagne française.

La nourriture était raffinée avec l'excellent vin de domaine et le service agréable.

Pour ceux qui n'ont pas encore essayé ce plaisir au domaine Beaumont, on propose d'y aller : il n'y a pas de mieux pour se sentir bien.
Joan Purple

44 members and guests met, for a lovely dinner, at the Domaine de Beaumont on Tuesday 12th July,

Even though it rained, heavily at times, everyone seemed to thoroughly enjoy the event.

The food was good, the wine flowed and the service was great.

It is a wonderful setting and the normal menu is extremely good. For those who have not yet tried it, please do.

Joan Purple



A short story from a member of the public about the good works our members do.

I was at the BUT store where I thought I had left my credit card after a purchase made earlier in the day. I tried to explain at the desk my problem but to no avail. My French is not up to difficult situations. As I was struggling on, a lovely lady suddenly come to my rescue, she asked if she could help and very quickly solved the problem for me , {it turns out that I had not left the card in the store, but I had left it at home, well hidden even from me!}.

We walked out together and when she saw the Kentucky plates on my car we had a lovely discussion about her and her son's experience in college in the USA. I have since discovered that she is a member of your WICM group. In all a lovely ambassador for England and France. I thank her enormously for her help—without it I'd probably still be there now!
Adrian Thompson

And who was the 'Knights in shining white armour' who came to Adrian's rescue? Well, our very own Carole Turpie. Well done Carole.

What I Did on My Holidays - Stories from some of our Members

What is WRC?

We know what WICM is, but few of us know what WRC is, in fact it stands for WORLD RACE CHAMPIONSHIP.

My special summer event this year was WRC in and France. Rally drivers start on a Thursday with finishing on the Sunday. Shakedown is a very very long transportation from other countries, this both drivers and cars, it takes place in front of the real race.



Finland. WRC takes place in 13 countries including England "shakedown" and drive for three days of special stages short stage for testing(shaking down) the cars often after a is a great showing off stage and is used as an introduction to public, with lots of show and fun, but is not a part of the

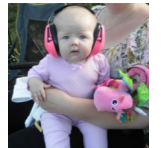
I have a little cottage in Finland , near Jyväskylä and very near to one of the stages in the Finnish rally, in fact these fantastic drivers "use" my road as a transport road, so I could actually sit calmly at home and see all the cars drive by my cottage. But that is no fun, as there is no action at all!

This year our grandchildren, Rikard 3 and Mirja 6 months made their "debut" in rallyworld.

We went to see the one, actually he spent all day "awful")..... you can



shakedown on the Thursday, Rikard could sit in a real Rally car and drive a small wanted to service the car more than drive it1 . But on Saturday my whole family supporting the cars driving the special stage called "Surkee" (in English this means imagine how many drivers fear this stage.



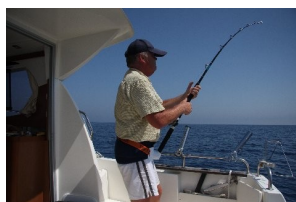
Of course, we had Finnish flags but our caps and t-shirts were Citroën! The car that won this race and was driven by Sebastien Loeb. I do ensure you there is excitement and plenty of action in the air, it is really fantastic to see how these drivers handle their cars.

For us , this Saturday was really good fun and especially for Rikard who now knows that Rally cars are real things. I can assure you that we plan to repeat this special event next year.

With a summer happening from WRC.
Aila Tejle

Sea Fishing For Tuna

My husband and I spent our summer deep sea fishing (well, actually, just 6 miles off the coast!) for Tuna. Tim has a licence to do this, and also belongs to a Tuna club. There are Tuna, e.g. you can only keep one fish per you catch a Tuna you are required to seas know that you have caught your



some very strict rules that have to be followed when fishing day per boat and it has to be of a certain size or weight. When place a special red band on it so that the police who patrol the quota for the day., yes, you get stopped out at sea too!

The Tuna season lasts from 15 June to die three months. If you catch a Tuna ends, you are required to return it to the sea. There are some very heavy penalties if you are stopped and found to have a Tuna when it is not allowed, e.g. , heavy fines, imprisonment, and/or your boat confiscated to name but a few!

15 October, but you are only allowed to keep Tuna for the mid-during the first and last month of the season or when the season

We went out on our boat several times and Tim finally caught his prize Tuna. It was 1.3 metres long and weighed 46 kgs. It took 45 minutes to 'reel' it in. It was extremely hard work and took a lot of stamina, (which is why I didn't try reeling it in, I just acted as ship's mascot and sun bathed on the top of the boat!) Many fishermen wear special harnesses to hold the rod whilst reeling in, this allows the 'catcher' to take a rest during the process otherwise, it would take a 'Mr Atlas' to keep going for the whole time it takes to reel a fish in., especially if it is a very large one.

It was also very frustrating when on two occasions and after about 40 minutes or so each time, the fish broke the line and got away. All that



A friend of ours is very skilful at 'gutting and cutting', so she did the nasty stuff with the fish! It is then kept in the fridge over night to 'rest' and and other useable pieces (this task took about 3 hours due to the size and width of the fish!) and to make lots and lots of Tuna Capriccio—delicious! You should try very fresh raw Tuna with a little lemon juice—it's wonderful.

occasions and after about 40 minutes or so each time, the hard work and adrenaline for nothing!

and cutting', so she did the nasty stuff with the fish! It is then the next day my job was to skin and cut the fish into steaks about 3 hours due to the size and width of the fish!) and to make lots and lots of Tuna Capriccio—delicious! You should try very fresh raw Tuna with a little lemon juice—it's wonderful.

We shared our Tuna with lots of friends and neighbours, and in fact , we called our part of the world 'Tunaville' as so many people were cooking Tuna all on the same night!

I also saw Tuna hunting (that's jumping out of the water for food), dolphins and sharks (albeit small ones, but they are there just 6 miles off shore!). Tim also caught a Sting Ray. You only eat the wings of this fish and they were delicious!

It was a wonderful experience, very exciting , and although I didn't actually catch or reel in any fish, it was very much a team effort and we will certainly be doing it all again next year—so place your orders now!!!!

Jan Churchman

Day Out On the Pedorail

Quite by chance, whilst driving around the region entertaining some visiting friends, my hubby and I came upon the beginning of the Pedorail, near to St Thibery.

We both thought that my grand-daughter and fiancé, who were due to arrive the following week, would enjoy the experience so we booked a car to depart at 10.30am.on the following Tuesday.



We arrived, on time, and fortunately, it was a little overcast. We paid our money, Eu55 for 4 persons, got into the 3rd car – 4 others were already occupied – and were given instructions on how to handle the car, turn it at the end of the run, and were asked to return before noon as there were another batch of people due.

We were required to wait until the other 3 cars were full and then we were off.

I never expected it to be such hard work – and neither did my grand-daughter's fiancé!!!! We took it steady for a while but were soon stopped by the car in front. The children on this car had dismounted and decided TO PICK BLACKBERRIES! We realised, within a very short time, that we were not going to return by noon, due to this car in front, We asked them to swap, which they did. We also did not realise that our 2 youngsters were so unfit!!!

After only 2km the ladies changed places with the men and we continued up to the turning point – where the other 3 cars were. There is a 'gadget' on which one mounts the car and then it is possible to turn it completely around. This we did and joined the other 3. It was necessary to wait for the other 4 cars to arrive, turn, and then make our way back.



IT WAS A LONG WAIT!!!!!! People dismounted and walked up the line, cars were bibbing their horns as they passed on the Pezenas/Agde road, children were relieving themselves, etc..

Finally, some 15mins later, the other cars eventually arrived – but only 3. The 'blackberry' family explained that their car had broken down and all persons on that car had to be distributed amongst the other 3 cars. A phone call to the 'office' resulted in the man coming out to drag the car back.

Once these last 3 cars had been turned round, off we went again, Hubby pedalled all the way back, and I did almost all. Who says us oldies have no stamina. We put the youngsters to shame.

All in all it was a fun experience, on a cloudy day. Had it been hot, it would have been unbearable. I am glad we did it and would do it again with 2 other people who are FIT

Joan Purple

For Information Purposes Only—A Cancer Research UK Press Release



Wednesday 20 July 2011 - Weight has strongest influence on breast cancer hormones in post menopausal women

Weight is the biggest factor affecting the level of sex hormones that increase breast cancer risk in post menopausal women, according to new research published in the British Journal of Cancer today (Wednesday). Alcohol followed by cigarettes are the next things that also appear to affect hormone levels.

The Cancer Research UK funded study examined how levels of sex hormones* - known to affect breast cancer risk - varied among post menopausal women. Some types of breast cancer are fuelled by the female sex hormone oestrogen. The analysis combined the records of nearly 6,300 post menopausal women from 13 different studies.

Age, type of menopause (natural or caused by surgery to remove ovaries), body mass index (BMI - the measure indicating normal weight, overweight or obesity), smoking, alcohol and reproductive factors were all examined by the researchers based at the University of Oxford.

They found the biggest influence on sex hormone levels was BMI scores. The biggest increases were for oestrogens, and this increase in oestrogen may explain why post menopausal, obese women are at higher risk for breast cancer.

Women who drank 20g of alcohol or more per day (around two and a half units) had higher levels of all hormones. One alcohol unit is measured as 10ml or 8g of pure alcohol. A large 250ml glass of wine (12 per cent) is 3 units of alcohol. The higher oestrogen levels may contribute to the increased risk of breast cancer in regular drinkers.

Women who smoked 15 cigarettes a day also had moderately higher levels of all hormones than non-smokers, with the largest difference for testosterone.

Dr Gillian Reeves, a co-author of the study and based at the University of Oxford, said: "Our study shows that changes in hormone levels might explain the association of established risk factors such as obesity with breast cancer risk. Other studies have found that weight and alcohol can affect hormone levels and this research confirms and adds to these findings and provides more information about how breast cancer develops."

Dr Julie Sharp, Cancer Research UK's senior science information manager, said: "There's already strong evidence that drinking alcohol and being overweight can increase the risk of breast cancer but it's important to understand why these links exist. This is an important study as it helps to show how alcohol and weight can influence hormone levels. Understanding their role in breast cancer is vital and this analysis sheds light on how they could affect breast cancer risk.

"We know that the risk of the disease can be affected by family history and getting older, but there are also things women can do help reduce the risk of the disease. Maintaining a healthy body weight and reducing alcohol consumption are key to reducing breast cancer risk." For media enquiries contact the Cancer Research UK press office on 020 3469 8300 or, out of hours, on 07950 264 059. Reference



Cat Hartley says "I am often asked information about nutrition and eating an anti-cancer diet so was interested recently in reading about Conner Middleman Whitney who had recently published a book ("Zest for life") on the subject with easy to follow recipes. Conner is a former journalist who after her own experience of cancer re-trained as a nutritionist with the Institute for Optimum Nutrition in London. She now lives in Toulouse, advises cancer patients on nutrition and runs anti-cancer cookery classes.

The book can be ordered directly from Conner at the discounted price below (don't forget to specify you are CSFL member or client and bear in mind though she is away till end of July) or from www.amazon.fr for 14€ postage and packing free which will mean about the same price as ordering from Conner who has to charge postage and packing. Tel: 06 76 96 99 00 " You can find some of Connor's recipes on the CSF website. CSF were also thinking about asking Conner to run some cookery classes, again, if you are interested, contact CSF direct.

WICM is approaching Connor to see if they would like to come along to one of our meetings.

The Walk for Life— Sunday 25th September, this will have taken place by now. Congratulations to do WICM members who took part and hopefully raised a lot of money for CSF—well done everyone.

SCF is holding a "bring and buy" coffee morning from 10.30 to 12.00 on Friday 30 September at 21 Rue du Conseil Général, Neffies. Part of the proceeds will go to CSF-Languedoc.. Anyone can attend and should you require more information, you can contact Christine on 04 67 24 80 39.

Drop in days will resume after the summer break on Thursday 29 September from 10.00 to 15.00 at le Mas des Fontaines.



WICM wishes its following members a very happy birthday :



October

- 1st Carole Tidswell
- 3rd Teresa Wilk
- 3rd Annie Willers
- 6th Monica Tomlinson
- 7th Deliaan Grimm
- 10th Valerie Cornford
- 18th Norma Parkway
- 19th Pamela Edwards
- 31st Wendy Field

Apologises if your birthday isn't on the list, it could be that we do not have the date. Let us know it and we will include you in our wishes.

Members Email addresses that have changed:

- Sadie Rothwell
- Diana Gee

In order to preserve privacy, the Membership list will no longer include e-mail addresses , therefore if you wish to know the new email addresses of the above members, please contact them direct.



Announcements

Jacky Murray and her husband are currently in the process of selling their house in Alignan du Vent. They will be moving to a smaller apartment and are looking to sell 'a lot' of things. Several of these items are available now. If you, or any of your friends, might be interested in anything on her list, please contact Jacky. She has listed separately some of the things that will be available when they sell – just in-case you might be interested then.
Tel: 04 67 24 72 59



WoW is a service that gives you a wide range of events and happenings in the area. Go to the link to see where, what and how WoW is in the Herauld". [What is WoW](#)



For those of you and your friends who own an iPad and live in European countries, specifically Austria, Belgium, France, Germany, Italy, Luxembourg, Netherlands, Ireland, Portugal, Spain or Switzerland, the BBC have launched a global edition of BBC iplayer which allows you to download programs to be watched later. The app is free, but some aspects of the service require a small subscription. More details can be found on www.bbc.com/iplayer/tv



October 2011

Mon

Tue

Wed

Thu

Fri

Sat

Sun

					1	2
3	4	5	6	7 Book Club 10.00—12.00 Carole's House Florensac The Thirteen Tale By Diane Setterfield	8	9
10	11	12	13 WICM Meeting 14.30 Florensac Speaker: Mme Townsend Community Nurse	14	15	16
17	18 Anglo/French 10.00—12.00 Beaumont	19	20	21	22	23
24	25	26	27	28	29	30
31						

Dates For Next Period

Committee Meeting 28 September Cap A'dge 10.00

Gourmet Girls: to be announced

Watch out for: Zumba Classes at Carole's

Golf with Heather Curry

Novice Sailing Group with Julia Buckland