



Welcome to your 'new look' newsletter!

# L'amitié en Périgord entre nous

acip  
NEWSLETTER  
WINTER 2017

## A welcome to our new committee

During the AGM meeting on 27th October, which was very well attended by almost one third of the total membership, the four Officers of our new committee were duly elected.

They and the rest of the team would like to extend their appreciation to the previous committee members for all their hard work, especially joint co-presidents Robert Brereton and John Kuppens.

Looking forward, the new committee would like to introduce themselves to those members who don't know them, so here follows a short 'rogues gallery' ...



Merry Christmas to all ACIP members!

### President : Bryony Marshall

Before taking early retirement, I was a teacher of English and drama, and head of the English department at Pocklington School, near York.

Within two weeks of moving permanently to France, Simon and I were invited by Martine van Meerbeeck to a concert being organised by ACIP. We were so impressed with the concert, the organisation, and the warm welcome given by Jenny and Gwyneth, that we joined up on the spot! To say ACIP has broadened our experience of living in the Dordogne would be an

understatement.

It is exceptional in the wealth and breadth of classes, activities and courses offered, to say nothing of the social events, large and small, which continue throughout the year.

I also feel ACIP is hugely important in terms of the community, of Le Bugue and surrounding communes. Our very popular annual Vide Grenier and this summer our contribution to the Marche Gourmand, are a vital way of integrating and part of all of our lives here in France.



## Vice President : Jenny West



I am proud to be part of the new team ready to build on the successes of our unique association, alongside our committed volunteers. I have been a member of ACIP for over ten years – making great friends; improving my French no end; attending some great do's; walking; attempting ten-pin bowling like the 'bright young thing' I really am; acting out the twelve days of Xmas; dressing up as Henry II and, most importantly, receiving the most incredible personal support in difficult times. I lead Advanced English Conversation and have project managed several large themed dining events.

After a long career in education –

from primary teaching to university lecturing in the UK, Malta, N. Ireland (at the height of the troubles) and Africa – I joined a County Council as their management development consultant introducing a major senior leadership programme. I then established Spiral Learning Ltd providing management training, business and team development to clients in a variety of business and public sectors for over eleven years. Meanwhile, with my late husband, I raised a combined family of five – now all gainfully employed and happy. I am blessed with four gorgeous step grandchildren under six with another about to arrive.

Happy days!

## Committee Member : Andrew Easdale

Andrew Easdale was born in Windsor and educated at Oxford. He joined United Biscuits in marketing and his main claim to fame is that he launched McVitie's Hob-Nobs. He went on to an international career as their European business development director working, and often living, in the Netherlands (Verkade), Hungary (Gyori Keksz), Poland (San), Scandinavia (Oxford), Germany (Delacre), Romania and Russia (McVitie's). After UB's takeover he rejoined former colleagues at Findus, this time based in Prague. That led to a stint back in Russia, this time for Twinings tea and finally to NZTE, based in London helping New Zealand food companies to export to

Europe. After eight years of commuting misery his wife, Rebecca, suggested that they ought to get out whilst they were still sane and young enough to enjoy a new challenge, i.e. moving to France, but this time, without the aid and resources of an HR department behind them! They have two sons; the elder and his family live near Oxford and the younger and his family live near San Francisco. Andrew's biggest obsession, apart from loud shirts, is even louder music especially by bands formed in the 60s. He has seen Van Morrison 77 times so far and yes, he does have a list of every show he has been to. His wife is similarly musical but she prefers classical piano.



## Committee Member : Simon Marshall



Soon after retiring and moving to France two and a half years ago, I joined ACIP and now enjoy a range of activities including the monthly walks and social events. I have just started a new 'Weight Matters' group, helping members to look at their eating, diet and exercise.

Before retirement, I worked as a GP in East Yorkshire, so I am used to dealing with people, making decisions and running a small business.

My hobbies include hill walking and music – I am a member of various choirs in the area.



## Secretary : Lianne Lenz



Together with my husband and our eleven year old son and nine year old daughter, we are in our fourth year of living in the beautiful Perigord region. The nice and long outdoor summers being the main reason why we have left Holland to come and live here permanently.

Between taking care of our children, accommodating the countless visitors one gets when living in France and a busy social life, I do enjoy my tennis and play in the ladies

competition. I also love reading all English books I can get my hands on.

In my quest to find French lessons I came across the ACIP lessons and joined immediately. I was pleasantly surprised to find such an original initiative open to all nationalities. So when I was informed that the position for secretary would open up I was happy to put myself forward and make use of my work and language experience.

## Committee Member : Mark Hedan

Marc was a management consultant for 32 years (finance, law and human resources), having created a small company with his wife Mimi. Their clients were middle sized companies in several countries including France, England, Belgium and Morocco.

They moved to the Perigord to be near their son three years ago and have found the people to be very nice and friendly. As French nationals they joined ACIP to improve their English and maintain contacts with the British, having become well acquainted with the country during their extensive

travels – mainly to Scotland, Wales and the South.

For hobbies, Marc writes thrillers (his latest is about to be published) and enjoys gardening, DIY and travelling. He has also developed a great liking for single malt whisky, so if you need any help in tasting yours at home, please let him know! He would like to extend thanks to ACIP for the warm welcome they have received and if you need any help, especially our French members, then he is more than happy to lend a helping hand.



## Treasurer : Martin Crawford



As far as how we got here – well a long time ago in a galaxy far far away. . . or perhaps it was in fact Essex! During my last few years at work in the UK, we took the family on holiday somewhere different and hit on the idea of hiring a house somewhere. Our first thought was Italy, but we decided that the drive was perhaps a little too much so we found 'Simply Perigord' in Le Bugue and hired a house from them. We thoroughly enjoyed our two weeks at Le Buzonnie and that started a string of annual pilgrimages to the area. On occasion, Teresa and I managed to get

down for a week on our own and eventually decided that we would maybe like to live here. Teresa found our house on-line and after a couple of false starts, we ended up buying. We have been here for six and a half years now and although there have been a few hiccups along the way, we are quite settled. Would we ever go back? Well the thought has crossed our mind, but the thought of all the people and the traffic is enough to make us stay put for the moment. No doubt that will be reinforced when we go back for Christmas this year.

## Membership Secretary : Paul Cope



Although I emigrated from the UK to the Dordogne in 2007 I only became an ACIP member in 2013. My wife, Julie, had already joined ACIP a couple of years ahead of me and was attending the art group then run by Judy Woodcock. I was induced to join ACIP by Julie so that we could learn to play bridge together. Four years on we are still going to bridge and still learning!

The year 2014 saw me become our Membership Secretary and I have remained in that role up to the present day. During that time I have witnessed a year on year increase in the number of ACIP members. Looking back to 2014 we had 249 members whereas we currently have 324.

Since becoming a member of the ACIP committee I have helped organise several social functions and carried out numerous tasks linked with the work of the committee. Significant functions that I have helped organise

include a Treasure Hunt in Le Bugue in September 2014, the 2015 and 2016 classical music concerts, a Halloween themed social with meal in October 2016 and a Quiz Night in March 2017.

My wife and I live in the countryside on the outskirts of Les Eyzies de Tayac-Sireuil with our cat, 'Kit-Kat', and our dog 'Bailey'. Our desire to live permanently in France was formed in the mid-1990s after a work assignment in Provence. For fifteen months I worked as a customer representative based at the Eurocopter Group factory situated at Marseille Provence airport. Eurocopter Group (now part of Airbus) was, and still is, a major helicopter manufacturing company. My family accompanied me to France and we lived in a small town near Marignane. During our time in France our ten year old son attended school near Aix en Provence. Several years later, back in the UK, he obtained a Bilingual International Baccalaureate



Diploma. So it was my year in Provence that ultimately led me to live the past ten years in the Périgord Noir.

## Webmaster : Alec Robshaw



As an ex-company director and apprentice trained engineer it seemed inevitable that instead of relaxing into early retirement, myself and Annie

would embark on a ten-year renovation project that has done its best to see us off, both physically and financially! Now nearing completion, however, we are

enjoying throwing ourselves into the social whirl that ACIP can provide and making many firm friends by association.

With no background in Information Technology (IT) and a sceptical approach to all things 'social media', I am sadly the person responsible for the ACIP website and much of the communications between members and the committee, so please forgive me in advance for my inevitable sins. Considered a 'dinosaur' by our two very capable children I am happy to claim the throne of a one-eyed king but welcome any and all feedback regarding our website at [www.acip24.com](http://www.acip24.com)

We thoroughly enjoy the walking and yoga groups and would equally appreciate the French language courses, if time allowed and my brain was fully functional.

We remain hopeful of becoming fluent in the language of our adopted home but sadly my life-long aspiration of becoming a half-competent pianist remain dormant. Probably for the best, as Annie might say.





## New President Bryony Marshall



Before I say anything further about myself, I would like to thank Robert and John for their leadership. ACIP is an extraordinary association, which owes much of its current strength and diversity to their energy and their enthusiastic roles as secretary, vice president and latterly joint presidency. They have each given of their time and energy unstintingly and we all owe them a debt of gratitude.

I personally also thank them, and the rest of the committee, for supporting and encouraging my nomination as the next president.

Of course, I am not Robert or John (as you may have noticed!) Therefore, although I very much intend to carry on their good work, my methods and style will obviously be different from theirs.

I very much feel that ACIP is an organisation which benefits from group – committee decisions. I intend to delegate roles, whilst of course retaining my own input and shouldering the responsibilities of president.

I want every member to feel they have a voice – and one which will be listened to with respect. I do feel the present

committee works well as a team. We have fostered a good working relationship and, in spite of inevitable disagreements at times, we usually reach an accord! I very much look forward to working closely with our new and existing committee members who were introduced to the wider membership at our recent EGM.

We, as a committee, do not intend to make drastic changes to ACIP. The annual programme of events and classes will continue as before. As has always been the case, if anyone has any ideas of extra things they wish to see happen, please let the committee know – and preferably have some ideas yourself of how to organise your proposed event!

There is scope for reinforcing and enlarging the role of the support group. I would like to see this made more formal, especially when it comes to involvement in the larger social events.

We also intend to ensure full transparency and communication with members; that all decisions made by the committee are clear, concise and made available for your perusal. (Although you do have to read emails and even the posted committee minutes!)

But, above all, we should all remember that ACIP should be fun for all those who are part of it. It's the reason why we are all here, so let's continue to make it enjoyable.



## 'Entre Nous' Designer : Lesley Trett



Lesley was for seven years a lecturer in computer applications in Graphic Design, at degree level, at Somerset College of Arts and Technology where she taught Photoshop, InDesign and Illustrator. She later ran her own successful Graphics Design business in the UK for many years.

With a client list including a well-known health insurance company, local businesses, galleries, a recording company and a London Magazine, Lesley established a well deserved reputation in this fast evolving art form.

An impulsive decision to move to France to renovate a house with her sister in 2005 resulted in her

developing a passion for the country which, following her return in 2008 to look after her elderly parents, refused to go away. So, eighteen months ago, with early retirement possible, she decided to return to live here again.

Whilst living in France between 2005-8, she was the original graphic designer for the newly published expat magazine in France called 'Living' which is still very popular today, although now under new ownership.

Lesley loves painting and finds inspiration in this beautiful *département*. She walks, reads a lot and, despite living alone, has made a lot of new friends for which she is grateful to ACIP.



Lesley has redesigned this Entre Nous newsletter for you. If you wish to include your club news and photos please contact [lesleytrett@me.com](mailto:lesleytrett@me.com)

## NEW COMMITTEE CONTACT DETAILS

President	Bryony Marshall	<a href="mailto:president.acip24@gmail.com">president.acip24@gmail.com</a>
Vice President	Jenny West	<a href="mailto:jennyjonesspirallearning@gmail.com">jennyjonesspirallearning@gmail.com</a>
Treasurer	Martin Crawford	<a href="mailto:mcrawford@powerdean.co.uk">mcrawford@powerdean.co.uk</a>
Secretary	Lianne Spijker-Lenz	<a href="mailto:secretary.acip24@gmail.com">secretary.acip24@gmail.com</a>
Membership Secretary	Paul Cope	<a href="mailto:membership@acip24.com">membership@acip24.com</a>
Committee Member	Marc Hedan	<a href="mailto:hedan.cedrof@orange.fr">hedan.cedrof@orange.fr</a>
Committee Member	Andrew Easedale	<a href="mailto:andrew.easdale12@gmail.com">andrew.easdale12@gmail.com</a>
Committee Member	Simon Marshall	<a href="mailto:simonrichard836@gmail.com">simonrichard836@gmail.com</a>
Webmaster	Alec Robshaw	<a href="mailto:webmaster@acip24.com">webmaster@acip24.com</a>



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# out & about



**LE FOUR BANAL**  
*ORIGINES HISTORIQUES*  
*Historical origins*

Le ban : pouvoir de commandement.  
En droit féodal, le seigneur dispose du pouvoir de faire des règlements - droit de ban - sur l'étendue de son domaine.

Par son ban, le seigneur s'attribue dès le XI<sup>ème</sup> siècle, le monopole d'installations (halle, four, moulin ...).  
Les habitants ont l'obligation d'utiliser ces installations dites banales contre une redevance : la banalité, souvent payée partiellement en nature.

Les banalités très inégales, selon les régions et les lieux, et donnant lieu à de nombreux abus, étaient parmi les droits seigneuriaux les plus détestés. Bien que tombé largement en désuétude au cours des siècles, la banalité a été abolie avec les autres privilèges (édouard le 4 août 1789).

Le four banal d'URVAL, classé monument historique, date du XIV<sup>ème</sup> siècle. Au dessus du four se trouve le logement du fournier.

Il a conservé sa toiture de pierre jusqu'en 1833, date à laquelle il a été reconstruit de brique. Une restauration du four a été effectuée en 1962, URVAL possédant ainsi son moulin banal.

Le four a encore été utilisé pendant la guerre de 1914 - 1918. Chaque année, il est remis en service à l'occasion de la fête du village en été.

## The walking group's visit to Urval

The village of Urval still has its communal oven used in the 13, 14th and 15th centuries which is located close to the strengthened Roman church.

Preserved perfectly, it constitutes one of the rare testimonies of feudal life and rural architecture in the Middle Ages.

The villagers, under the authority and the protection of the Lord, had to pay a royalty to him to use it. As there was only one furnace of this type in Urval when the individual was overthrown, they lost the possibility of using it to bake their bread.

Formerly Urval was also equipped with a communal mill which functioned according to the same principle.

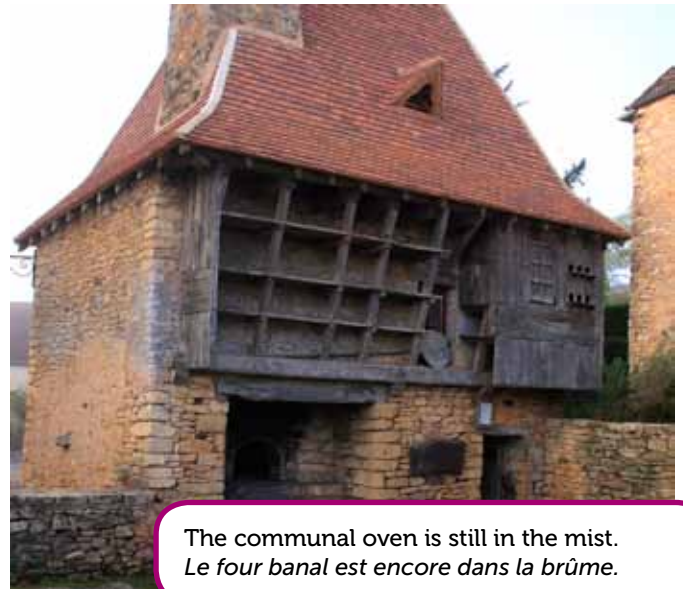
Restored in the 1960s, the furnace still functions perfectly today.

Photos : Jean-Claude Moret





The group of survivors!  
*Le group de survivors!*

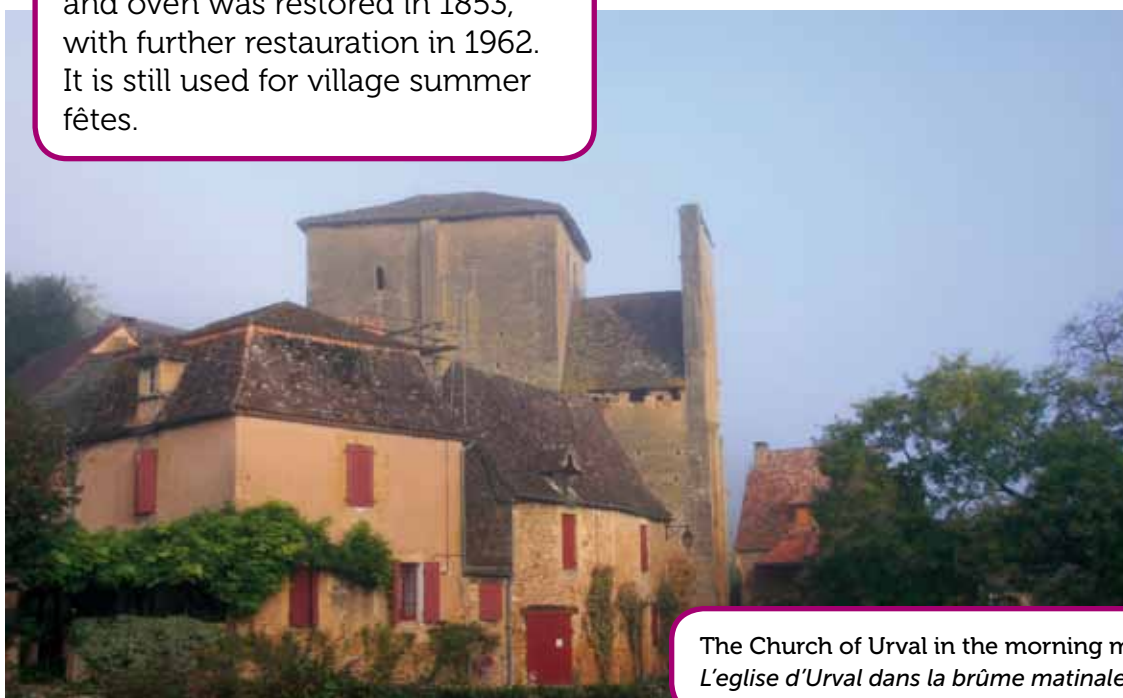


The communal oven is still in the mist.  
*Le four banal est encore dans la brume.*



### **Le Four Banal**

The original 14th century furnace and oven was restored in 1853, with further restoration in 1962. It is still used for village summer fêtes.



The Church of Urval in the morning mist.  
*L'église d'Urval dans la brume matinale.*

# acip committee news

**AGM  
27 October  
2017**



Retiring joint Presidents Robert Brereton and John Kuppens, with Mary.

## Retiring Co-President Robert Brereton gives a speech at the AGM

“ ACIP was founded in 2003 by Marie Lacheze, Linda Higgins, Avis Blunden and Em Boiling who wished to formalise their group, their aim being to help new arrivals in the Dordogne to make new friends. Meetings were initially held in their homes until the commune of Les Eyzies agreed to help them, and also the English Library (now in Meyrals) who were also part of ACIP. Two years later they moved to Le Bugue using a room off Grand Rue, behind Le Pressing, a room which we nowadays laughingly refer to as 'The Dungeon'. Around this time my wife Rebekah was asked to give a demonstration of reflexology to a group of ladies in Le Bugue, which turned out to be our first introduction to ACIP. Soon thereafter we went on an ACIP walk and immediately decided to join, taking part in a growing number of activities and thoroughly enjoying them all. After a while I felt that it was time to give something back to ACIP in appreciation of all the effort put in by others so I nominated myself for the committee at the 2009 AGM and was rewarded – if that is the right word! – with the post of Secretary under the then President Lycette Schouten-Hoogendyk.

Shortly after this I took over as leader of the Film Club and became President three years later, a role I continued for three years before John Kuppens joined me as Co-President in 2005. Whilst now housed in the Brasserie close to the campsite in Le Bugue, we decided to institute a programme of regular monthly socials to help members get to know each other and, perhaps fortified with a drop of alcohol, the courage to communicate in a language other than their own. The income from the bar helped to pay our rent and the social programme has continued to develop. Our move into Le Bastion was celebrated January 2014 with an Opening Night Social attended by over ninety people. The major refurbishment was led by John who did a lot of work himself and always led the project from the front. We have enjoyed a wide variety of themed socials there and members such as Paula Maburn and Julie Cope have provided really stunning decorations.

Two years ago I thought it was about time for me to stand down as President, but John persuaded me that together, as Co-Presidents, we could still achieve a bit more for ACIP and we thus developed the Annual Programme of events. The

annual Vide Greniers moved from Les Eyzies to Le Bugue, whilst we all enjoyed a great Christmas Meal together where we were recently joined by the Mayor and Mayor Adjoint with their wives, several of whom are now ACIP members. Because of our status within the commune we have the good fortune to enjoy added flexibility by using other venues when necessary or appropriate, at no cost, which is a huge benefit for ACIP and a part of the reason that we try to put something of value back into the Commune. Themed socials continue in force and our annual BBQ has grown from Marie Lacheze's garden to the woods behind the Tennis Club.

ACIP is built on the dedication of its Group Leaders and I want to thank each and every one of them. Above all, I would like you to take a moment to think of a long-serving group leader, committee member and the major contributor to our Christmas festivities who stood down last year through ill health and sadly died last month after a spirited fight against cancer. Our thoughts are with Gwyneth Green and with her husband Roger as he goes forward without her. Gwyneth, you will be sadly missed.

Last, but by no means least, I wish to thank two members who have been laughingly referred to as the 'First Ladies' – my wife Rebekah and John's wife Mary, without whose support and active assistance we could not have achieved much of what we did. They have been tireless in their support of us both and of ACIP as a whole, setting up events, stocking the bar, serving behind the bar, clearing up, washing up, removing the rubbish, preparing food, as well as answering the thousand and one questions to which members assume they must know the answers. They are really the unsung heroines as are everyone who have contributed to making ACIP what it is today. Please do not complain about the number of e-mails you receive from us, as, with so much going on it is imperative that we do keep you informed. Thank you.

”



John's final presentation to the assembled membership was once again delivered in his inimitable style – in French and 'his very best English' and with only a few words in his native Dutch. Here is an edited version of his words:



As you probably know, it is not only my last AGM as Co-President but also for Robert Brereton, the other 'Co'. After six years of being in the committee we think it is time for fresh blood and maybe new ideas. For me it started in December 2010 when, at a Christmas Lunch at Couleurs Café, I sat next to Lycette SchoutenHoogendijk who was at that time the President of ACIP.

Robert was acting President/Secretary and with around two hundred members ACIP had a small cash balance in the bank. We spoke a bit about ACIP and about my life in The Netherlands and especially about my (at that moment) twenty years experience in running associations. Lycette invited me to join a committee meeting in the beautiful garden of Jill Little where I discovered a few things: ACIP was essentially English: I didn't understand the C and I in its name and the cash-position was weak. After three meetings I told the committee that I was willing to join but only on three conditions: the first was we need to leave the room now known as 'The Dungeon' as soon as possible; the second was that we should put a lot of effort in getting new members of other nationalities and do some cultural activities and the third and last was that I would like to become Vice-President. Not for being 'important' but for making it more easy for me to approach the businesses in Le Bugue with enough 'status' to sell them advertisements. The committee approved my proposal and I was duly elected at the 2011 AGM.

Then the work started! First, the new venue – Le Bastion – needed major work to bring it in line. To do this job I had six teams who all had their own responsibilities: the ceiling-group: to paint it; the carpet-group – for the Dutch tiles on the floor: the cupboards-group: to construct the cupboards: the kitchen/bar-group, to build the kitchen and bar from Brico Depot: the electricity-group:

## John Kuppens retiring Co-President



to put cables above the ceiling for light-fittings and the film-screen from England. This 'group' is still busy, (see the Infra-Red heaters on the ceiling): the decoration-group – just look around. In three months time it was finished and together we achieved what is now our HQ!

I spoke about the 'C' for Cultural. Most of you can still remember the six classical concerts we organised in 2015 with Trio-Plus in combination with the 'talented musicians of the Dordogne' and Vox Vesuna and 2016 Trio-Plus in combination with the violinist Bob van der End, Hermine Huguenell and the Bachfreunde.

We also did some cultural tours (coach-trips) to Bordeaux and Limoges. Both really interesting and surprisingly beautiful cities.

ACIP with the 'I' of International - at this moment ACIP members represent 17 different nationalities which is very noticeable during the social evenings, each last Friday of the month, which has helped to improve our cash-position. ACIP's income from advertisers is now about €3000 per annum, from whom we sometimes benefit from discounts – our best wine comes from Juliën de Savignac,

Le Bastion after the massive improvements performed entirely by member volunteers.

our Group Leader luncheon takes place at l'Auberge Medievale in Audrix and our other groups regularly eat at other local restaurants so my selling motto of 'Life is giving and receiving' is working fine.

In 2015 the committee started with the development of an annual programme to 'stabilise' the workload of the committee such that now, in 2017, we have most of the invitations, reminders, the 'how to organize' and lessons learned reports available on ACIP's hard-disk.

It is up to the next committee to decide what to organise in the coming season and their programme will be announced at the next EGM social so it is important that you are there.



## A big 'Thank You'

A warm and well deserved THANK YOU goes to our departing committee members Jane Morris, Teresa Crawford and Annelies Rhee. Jane has happily retained her responsibilities as Group Leader and is now part of our growing Support Group, whose numbers will be expanded as new roles emerge. Teresa has sadly relinquished her very capable secretarial skills due to other work pressures and we will miss the energy and enthusiasm that Annelies brought to the group. Thankfully, she has made a solemn vow that she will not be too far away should we need her manifold skills in the future.



## Charities

As part of our significant and increasing profile within the local commune, ACIP helps to support a number of local charities (on a rotating basis) with contributions raised via the generous donations of committed members.

Our policy document, which we will be updating in the New Year, relating to such contributions can be found on the website at [www.acip24.com/secretariat](http://www.acip24.com/secretariat). We thank all who help us with these charitable initiatives.

## Christmas events



### Christmas Lunch

Sunday 10 December, 12.00 midday  
Le Restaurant du Château, Campagne  
Email : [noel.acip@gmail.com](mailto:noel.acip@gmail.com)

### New Year Friday Soirée

Friday 29 December, 6.30pm  
Le Bastion, Le Bugue

### Christmas Get Together 'Bring & Share'

25 December, 1.00pm, Le Bastion,  
Le Bugue  
Email : [jnmorris11@gmail.com](mailto:jnmorris11@gmail.com)

### 'New Year's Day Walk and Picnic

in and around Limeuil  
1 January organised by Robert Brereton  
[randrbrereton@wanadoo.fr](mailto:randrbrereton@wanadoo.fr)

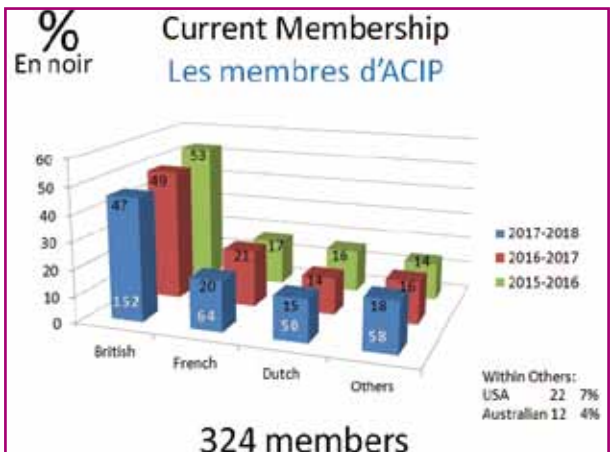


acip  
Charity  
of choice  
2018

[www.restosducoeur.org](http://www.restosducoeur.org)

### ACIP is an international association

- |                  |                   |
|------------------|-------------------|
| 1. British       | 10. South-African |
| 2. French        | 11. Danish        |
| 3. Dutch         | 12. Malaysian     |
| 4. United States | 13. Swedish       |
| 5. Australian    | 14. Colombian     |
| 6. Belgian       | 15. Polish        |
| 7. Canadian      | 16. Japanese      |
| 8. German        | 17. Antiguan      |
| 9. Irish         |                   |



# acip

### KEY FACTS

- Founded in 2003
- 320+ members
- 17 different nationalities
- €25 per annum membership

For all our group activities please take a look at our website at

[www.acip24.com](http://www.acip24.com)

for full information and also our calendar for their scheduling:

[www.acip24.com/calendar](http://www.acip24.com/calendar)



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# Group activities

## Singing . . . 'Tulips from Amsterdam'



By Jenny West

Eighty-six members and guests gathered for dinner, live music and lots of fun on April 29 in Eugène le Roy. This year's springtime event had a Dutch theme – Tulips, Amsterdam and Holland's historical links with Indonesia. The decoration included a huge windmill; bicycles adorned with baskets of flowers and ribbons; clogs; bunting and flags; colourful tables and, despite the severe frost, fresh tulips. A display of the history associated with our theme and images reflecting different aspects of Dutch culture completed the scene-setting.

We enjoyed traditional Dutch cheeses with sweet mustard and a delicious four course Indonesian meal prepared by La Porte Verte, a Dutch and American partnership. We were entertained by Bénita (herself of Dutch origin) her husband Pascal and by their wonderfully talented young daughter, Satine. We sang along – in French, Dutch and English – to well known Amsterdam songs. Many of us then danced the night away – such a wonderful release! Thank you to all those who helped make this such a special event, with a particular thank you to the member who alerted us to Lidl's delivery of tulip-styled napkins!



### Long Walk Group – Summer 2017

Above is a lovely photo of the long walking group members who enjoyed a summer randonnée in and around Tremolat, organised by Robert and Rebekah Brereton. It was taken on a viewing balcony overlooking the Dordogne river outside their chosen destination for lunch – the Auberge du Belvedere behind the Cingle de Tremolat.



### Ten Pin Bowling Group

Our November Bowling took place as usual on the second Tuesday of the month and was once again a lively occasion. As usual well looked after by Losmoz in Sarlat they had even bought us new shoes! Twenty three bowlers, five lanes encouraged by supporters we nearly brought the house down. Later advised by one group that everyone bowled over a hundred in both their games – a rare event indeed says Jeff.

Following the bowling twenty-five of us sat down to dinner enjoying a good choice of dishes, from pizzas cooked in the wood oven to large (and I mean large) salads and for those with even better appetites steaks and burgers. Our images kindly provided by Martine a long standing member of the group show the two fun sides of one of our new bowlers on her first visit this summer, always dress for the occasion – nice one Paula.

## ACIP Bridge Tournament

On 16 August ACIP organized the second Bridge Tournament in Le Bastion.

Starting promptly at 9.15am we played six rounds a set of three games with a coffee/tea break in between. We had sixteen participants which was a little bit disappointing but the participants enjoyed the tournament very much.

At about midday we had a very good lunch, specially made for us in the 'Vèzère Lodge' by Thomas, the husband of Annelies Rhee and for several years one of our major sponsors.

At about two o'clock we restarted the bridge-drive. Again four rounds a set of three games with a coffee/tea break in between. There were many prizes to win and for the Champions of 2017 we had a Vèzère Lodge dinner check of 25€ per person. At five o'clock the scores were calculated and we had the 'Prize Ceremony' alongside a free drink for all.

The winners were: Fons de Jongh & Geraldine Reitsema.

**Organiser: John Kuppens**

**Tournament director: Fons de Jongh**



## Weight Loss Group

by Simon Marshall

The new weight loss group is well underway. The focus of the group, as well as the obvious, is to help us all look at our eating habits and lifestyles. By learning more about calories, nutrition and exercise, we hope not only to lose weight now, but to keep the weight off in the future. We have many early successes to report!

The current group runs until just before Christmas, and I plan to run further groups in the New Year. Numbers will again be limited to 12 for each 'course'. Watch this space!

*Please see the ACIP website for details if you would like to join this group.*



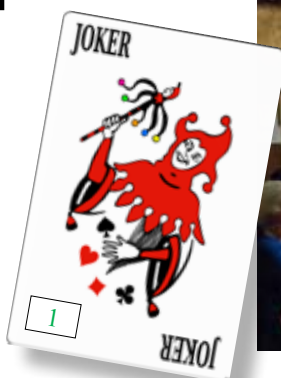
## ACIP Quiz Competition

31 March 2017

by Paul Cope

A briefer than usual end of month social was followed by a quiz competition in Le Bastion. Fifty-two competitors, formed into thirteen teams, settled down to test their grey cells during eight rounds of questions. The bar was well stocked to sustain the contestants during their endeavours and did a good trade satisfying thirsty customers.

A Joker card was available to be played once per team. Choosing when to play the Joker was a tactical decision because it doubled the points scored in the round in which it was played. Decisions, decisions! The rounds included questions on Science, General Knowledge and the Human Body. In addition, images of famous painters and notable statues from around the world awaited identification by the teams. At half time the team with the highest score and the team with the lowest score were separated by 18 points. However, only five points separated the team in second place from the leading team. Two rounds later those two leading teams were now neck and neck in front place. It would all rest on the final two rounds and both



leading teams had already played their Joker. Ultimately the team in second place at half time gained the winner's laurels by a margin of three points. The team in third place was just one point behind the team placed second.

Congratulations to the winning team consisting of Rebecca and Andrew Easdale and Shona and Steve Wisedale. Wooden spoons were handed out to the team in last place whose names and points score will not be revealed to save any embarrassment. Thanks go to Julie Cope and Tony and Eike Willems for ably assisting the quizmaster throughout the event and to those committee members who worked behind the bar on the night. My thanks also go to all contestants for taking part and making the event a success.





# All hands to the pump...

Le Bugue 'Marche Gourmande' – Summer 2017

Our increasingly active profile within the local community was recognised this summer with an invitation from the Mairie for ACIP to run the beer tent at the final *marche gourmande* of the summer season.

Whilst heartily beating off volunteers, a hardy band of 'stout' individuals were finally selected to serve a busy crowd on one of the hottest nights of the year – a fact that the beer itself recognised in a very lively fashion! The commune supplied all the beer and soft drinks and after a busy (and late) evening we retained a profit of over €1500 for the night's work. Our hearty thanks go to all who gave up their evening amongst friends to help out, the profits reflecting the fact that even for the volunteers there was no such thing as a free beer!



## Anyone for photography?

To all budding photographers out there in ACIPland, does anyone fancy starting up a photography group with me for 2018?

I'm no expert, but I do like a good photograph, and as the new designer for ACIPs '*Entre Nous*' I am very keen to get some great photos to put in your future publications... so all you budding photographers (or any 'experts') out there, please help!

I thought it might be an idea to start up a photography group. Suggestions are very welcome, but here are some ideas to whet your appetite:

- photography 'outings' to places of interest
- monthly themed competitions for inspiration and ideas
- possible potential calendar for 2019 to be sold for ACIP funds
- ACIP 'events' photographers to provide newsletter photos (hopefully more than one photographer!)



▲  
*'Eau non-potable'*  
Taken in Limeuil by  
Lesley Trett in 2017

If anyone is interested in joining me to start up this group, please contact me: [lesleytrett@me.com](mailto:lesleytrett@me.com)



# Vide Grenier great success

Many, many thanks go to all of you who offered help on the day or baked something tasty for the refreshment stall. It was a great success!

By Alec Robshaw

Despite a dark and frosty start to the day, Le Bugue's Salle de Fete was buzzing well before 8.00am as stallholders arrived to establish their pitches and the ACIP organisers huddled around their first cuppa of the day. A large group of willing helpers had done most of the heavy lifting the day before, setting out tables and organising the outside spaces, and an equally enthusiastic bunch were on hand for the early start of what was a very busy and successful day.

During the vide grenier we signed up our latest member – a Mme Ofelia Gelvezon-Tequi. Successful events like these attract new members.

Many thanks go to organisers Annelies Rhee, Jane Morris, Bryony Marshall and Annie Robshaw, the latter of whom organised a happy team of cake and tart makers plus a smiling bunch of French and English speaking helpers to serve food throughout the day. Thanks also



€1400 profit made at the Vide Grenier in Le Bugue on 26 November.

go to all those who bravely faced the winter chill to sell and also to buy up the wide range of interesting merchandise on offer. A final tally indicated that ACIP raised profits well in excess of €1,400 on the day so well done to all concerned.







## Yoga group over-subscribed

A call to all you bendy (and perhaps not so bendy) people – our extremely popular Yoga Group is oversubscribed and there is a waiting list, so if there are any yoga teachers out there who would be willing to organise and provide additional classes then the committee would love to hear from you.

[admin@acip24.com](mailto:admin@acip24.com)



## Power boost

As many members will be aware, especially since the temperatures have fallen, we are busily boosting the power supply in Le Bastion, mostly in order to provide additional heating by way of overhead infra-red heaters.

Work is nearing completion and the committee apologise for any inconvenience (and chilliness) that may have been caused in the meantime. In the New Year other matters will also be addressed to ensure the continuing comfort and safety of our membership – news to follow.

## New groups

We now have twenty three diverse groups who offer our membership classes on a wide range of activities – from languages to bowling, petanque to art classes, and lots in between.

Our latest groups include Cycling, Spanish, Weight Matters and Men's Day outings, the former consisting a small group of enthusiastic members who enjoy getting fitter whilst experiencing the countryside from a bicycle. Our new Spanish language group is ably led by Sally Dixon whilst the Weight Matters group has been very successful and is hopefully leading those involved to a healthier lifestyle. The Men's group has so far had an interesting visit to Airbus in Toulouse and a visit to Hennessy distillery in Cognac.

ACIP would like to re-establish a gardening group so if anyone is interested in forming one then please let us know.

There is also some interest in a photography group that Lesley Trett is hoping to create and if you feel you too could



get involved and perhaps lead an activity, or indeed would be interested in forming a gardening group, then please get in touch with Jane Morris or any committee member.

As a small reward to acknowledge all their hard work, ACIP offer Group Leaders an annual luncheon with good food and wine. This is normally at the Auberge in Audrix, our most recent being in early October. They all deserve our heartfelt thanks for their contribution to our successful organisation.

[jnmorris11@gmail.com](mailto:jnmorris11@gmail.com)  
or [admin@acip24.com](mailto:admin@acip24.com)

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