



Entre Nous

Spring/Summer 2013

LET the music play on

Did you know that we can count amongst ACIP members - a former concert-pianist, several accomplished piano players, guitarists, percussionists - and some seriously good singers at all levels – from concert hall to bathroom?

Some of our members now provide musical and rhythmic accompaniment to our vocal efforts and help to keep us in tune and in time. We also have Tony Fuller's Drum Circles, an ensemble calling itself the 'X Shades of Grey' and French member, Guy Meyer, who sings whilst accompanying himself on the guitar.

All this adds up to us being able to enjoy 'live' music by our very own members at ACIP socials and events.

Robert Brereton, President

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Start the Day with a Song

ACIP is bursting into song with the new choir led by Chrissie Anderson. One member, Robert Brereton told us that when he joined the choir he said to Chrissie, "If you cannot teach me to fly, teach me to sing." Chrissie was happy to try, even though Robert continued "I only sing under the shower. I would join the choir, but I don't think my bathtub can hold that many people!" Chrissie agreed that there's no half-singing in the shower, you can be either a rock star or an opera diva.



Well there you have it. If you sing in the bath or the shower, join the ACIP choir.

Friday morning choir sessions energise people. They would, it seems, agree with Ella Fitzgerald when she says "[The only thing better than singing is more singing](#)". Dominique Bacon says "it is a happy experience where we can be together doing something that is good". Dominique sang as a child as most of us do, but then life took over and, for her, there was neither time, nor opportunity, to sing apart from the school chorus.



The ACIP choir presented her with the chance to rekindle a childhood love. For her, being French, it is exposing her to new musical styles and traditions she would not normally listen to, such as 'Lullaby of Broadway' and 'Sit down you're rocking the boat', from the musical 'Guys and Dolls'. "Yes," she says, "your voice is a little rusty to start with on a Friday morning but Chrissie's exercises soon loosen you up."

It's an interesting and varied repertoire, and ability to read music is definitely not an essential. Dominique says that "Chrissie is encouraging and positive throughout".

According to Robert, "some choir members consider themselves to be 'intellectuals, i.e. those who can listen to the William Tell Overture without thinking of the Lone Ranger". Others, subscribe to Louis Armstrong's view that all music is folk music when he said, 'I ain't never heard a horse sing a song'.

Chrissie recognises that she sets high standards in her excitement about the choir's potential. She finds leading the choir challenging but, in the end, she wants people to have fun, feel energised, uplifted and liberated. By all accounts, they do.

So try out this new and vibrant ACIP group, whether you sing in the shower or not. '

... if we all started off the day singing, just think how happy we'd be' - William James

Focus on a member

Chrissie Anderson came to live in France in 2010, having purchased a plot of land in 2005. She joined ACIP and the English-speaking church at Limeuil, both of which have enjoyed the benefit of her wide-ranging musical talents.

Currently, Chrissie is organizing and guiding the new ACIP choir with the help of Tony Fuller & Roger Doidge in addition to being the group leader of the popular Thursday morning yoga sessions.



Chrissie's whole life has been dominated and inspired by music, but this has not stopped her enjoying many other interests and adventures.

'Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything' - Plato

Here are some of the exciting episodes that Chrissie was prepared to share with us

'Music — it's 100% of my life'

Not a day passes in which Chrissie doesn't have music in one form or another. In fact, as Chrissie says, music is 100% of her life. It runs in her family. Her sister is a professional singer and her brother began his musical career singing in Westminster Abbey for the Queen's coronation.

Surprisingly, Chrissie has never been a member of a chorus until she joined Les Vocalies here in France under the guidance of Barbara Pollard-Dawson. Having previously always been at the front conducting, Chrissie was then delighted to find that, although having thought she had lost the clarity of her voice following the death of her husband, the sheer joy of singing returned to her. She has also joined the choir at St Catherine's, Limeuil and now, drawing on her wide experience has helped to set up the ACIP choir.

After having gained degrees in both Music and Education, most people would probably begin their career path in a school. But not Chrissie! She decided to work in a prison, teaching English, Art and Drawing. However, she had not turned her back on music, and managed to get her musical kicks by working in TV commercials in a singing backing group. Many of the TV adverts of the late '60's and early '70's, noticeably the advert for Camay soap, had Chrissie's voice in the background.

A period of settling down followed, with marriage and the birth of 2 daughters, together with teaching in a school. Chrissie became Head of Music, wrote the music curriculum and managed all the productions put on by her school.

Unfortunately, Chrissie then found herself alone with 2 children to raise and a large house to maintain. She first obtained a degree in Psychology and then opened her home to disturbed teenagers. The change of direction, together with her love of music helped her through a difficult period in her life, giving her stability and a clear purpose.

*'Music is the universal language of mankind'
- Longfellow*

Another change of direction came when Chrissie decided to take some time for herself and travelled to Russia and the Balkans. She found love for a second time whilst there, and spent more time in Russia with her new partner when she returned as an invited guest of the Writer's Union. Chrissie and her new partner settled in his home county of rural Northumberland, where they married in 2003, just three years before he died.

Focus on a member

Walks on Holy Island — Chrissie Anderson

Chrissie's 29-page booklet was written and produced by her and published by Rural Arts in 2009.



It gives the reader a good selection of interesting walks around the island, with easy questions for children and many fine photographs of interesting objects, together with the landscape and wildlife.

Included are fascinating snippets of information about island life.

Definitely essential reading for any visitors to this historically important landmark only a few miles from the beautiful and peaceful coastline of Northumberland.

Chrissie spent 20 happy years developing her musical skills by forming and running the Berwick Children's Choir, a community choir in Belford, and teaching music in a small private school. She then joined forces with her sister who was running the National Children's Choir and continues to this day assisting whenever she can, taking over the running of the choir in the UK whilst her sister and some of the choir went on tour to Australia, and helping on the tour to the US and Canada.



So now, in France, Chrissie is back in front of a choir helping ACIP members to sing in harmony whilst enjoying the well-being and fun generated by working together with music.

'He who sings scares away his woes' - Miguel de Cervantes Saavedra

Les Vocalies

Like ACIP, Les Vocalies epitomises the concept of cultural integration. Our members originate from the United Kingdom, France and Holland. First formed in 2003 from a small group of friends, Les Vocalies has been led from the outset to the present day by Barbara Pollard Dawson. We have since evolved so that ten years down the line, the choir comprises singers whose experience, expertise and motivation extend way beyond the original idea, but retains an intimate, friendly ambiance. Over the years a huge repertoire of choral music has been learned, performed and added to our archive.

Our activities cover a diverse range – from singing at a wedding in a forest and at the official opening of a newly discovered local Grotte; to participating in an international choral competition in Italy.

Our regular local concerts usually fill churches to capacity and we often provide choral assistance at weddings, baptisms and funerals.

Our web site is currently being revamped – any enquiries regarding Les Vocalies can be emailed to cinders259@hotmail.com. Cindy Fernyhough: President – Les Vocalies



ACIP FORTHCOMING EVENTS

June 25th	Group leaders meeting
June 28th	Group leaders lunch
July 7th	BBQ
September 1st	Brasserie cleaning
September 7th	Hog Roast evening
September 20th	Social
October 14th	AGM
October 18th	Social
November 15th	Social
November 24th	Vide Grenier at Les Eyzies

Feeling Good - Drumming and Percussion

Drumming and Percussion for Health and Well Being is a new group that will allow people to explore the inner rhythms that can help enhance their well being, to laugh, have fun and to communicate through music and to explore the bien-être that drumming and percussion can bring. We play quiet and not-so-quiet games, talk to each other without words, make gentle and soothing and also chaotic noise and are able to listen to other people's rhythms.

We are not training to be concert level percussionists or recording level drummers, but are aiming to be able to entertain friends and family with to a short piece of drum music— from classical to the pop charts of the 1960's.

If you are inspired to try your hand at drumming, please contact Tony Fuller tonyfuller47@gmail.com

Awareness Day

On Saturday April 27th, member Rebekah Brereton, held an 'Awareness day for Women' workshop in Le Bugue, during which, fifteen ACIP ladies experienced a day of dancing, chanting, hand massage, psychometry and visualisation. 'Sandwiched" midway in the above events, everyone enjoyed a delicious shared lunch by a huge window giving a closeup tranquil view of the lovely Vézère river.



The intention of the day was for women to take time out from their daily routine, to relax and go with the flow of life with the objective of

helping people to become more aware of themselves by putting them in touch with their hidden abilities. A day of discovery in fact. Possibly some of the contents of the day were slightly foreign to some of the ladies but all was kept light hearted and not too serious. At the end of the workshop the atmosphere in the room was wonderfully charged and so were the faces of the girls - all looking much more relaxed than when they arrived. This was Rebekah's first ever full day workshop, which she feels worked so well that she plans to be holding similar such days in the future. For more information: randr.brereton@wanadoo.fr

DATES TO NOTE

July 6th	St Catherine's summer fete, Limeuil Port
July 13th	Papillon Fusion, Bisart, Le Coux
July 24th	Dan Jones guitar concert, Limeuil (jill.little24@orange.fr)
July 27th	Raymond House, Bisart, Le Coux
August 23rd	St Alfege Church, Greenwich concert, Limeuil (bobgills24@aol.com)
October 26th	Phoenix Book Sale (http://phoenixasso.com)

Successful Social — Valentine theme

This social – a new venture this year - was a major success, providing a warm ambiance on a really cold February evening. For the first time, members brought food - savoury and sweet - to share. St Valentine's day is, of course, associated with chocolate - so, we dipped fresh fruit and biscuits into a glorious chocolate fountain. The room was decorated in Valentine colours and we listened to music with a romantic theme. It was a lovely evening - great food, great company and great fun.

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BANQUETS, SOIRÉES OU FETES

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SUR VOS MARCHÉS

(Annick Ducher—le traiteur d'ACIP)
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Musical fish & chips

- 21st June



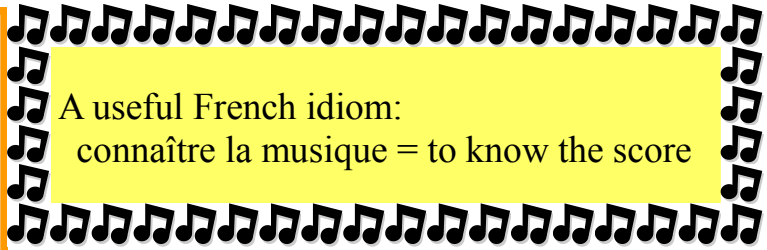
Opera Plots Made Easy by Robert Deaver

A concise little pocket book that gives the story line of seventy four operas. Each opera has a one or two sentence description of each act in the opera. Brief as it is, it does make sense of what is happening and makes going to the opera an even more enjoyable experience.

There are several venues near here to see high definition live simulcast Operas from the Metropolitan in New York. The 2013-14 season opens on October 5th with Tchaikovsky's Eugene Onegin.

Viewing these operas on a large screen enables you to see the acting and the emotion that is an integral part of opera as normally this aspect of opera is lost unless you have tickets very close to the stage or box seats. Between intermissions the changing of the stage sets are shown along with interviews of the opera cast. Live simulcast opera is a great value for the price and brings theater to the Dordogne.

[Périgueux, Cap Ciné Périgueux](#), [Sarlat, Cinéma Rex](#) and [Limeuil, Salle du Château de Limeuil](#) are venues here in the Dordogne to see these marvelous productions.

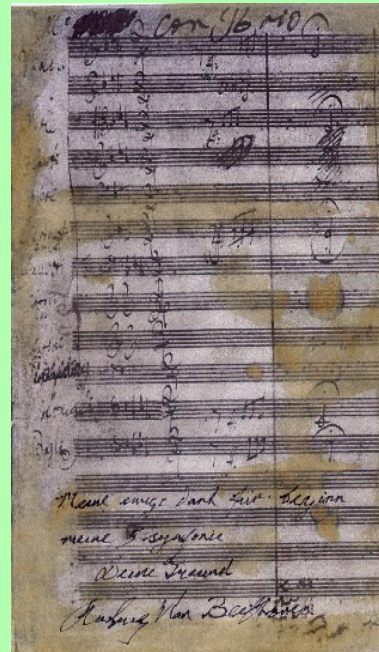


A useful French idiom:

connaître la musique = to know the score

If you have been fascinated by the magic of music, read how Beethoven reveals the truth about his fifth symphony

(exclusive from our roving reporter and time traveller Geoffrey Balaam)



'Having recently mastered the technicalities of time travel I want to tell you about my most recent journey to Vienna in the year 1807.

I arrived outside Oberep-farrgasse No 60 on a glorious Indian summer day in mid-October. The oppressive heat and the airlessness of the street contributed to my angst'...

Translation: My eternal thanks for beginning my 5th symphony. Ludwing van Beethoven

to read the rest of this enthralling tale - click on www.acip24.com

EAT WITH A BEAT?

- local restaurants and cafés with live music

Libertalia—Le Buisson, bar/restaurant. Jazz/blues/dancing
06 21 22 18 10 Facebook: Libertalia Dordogne

Couleurs Café—Campagne, restaurant. Soirées musicales
05 53 54 48 73 Facebook: Couleurs Café

Bisart—Le Coux, restaurant/museum. Eclectic mix—jazz, blues, rock, African, soirées musicales
05 53 30 24 33 Facebook: Bisart Dordogne

Le Thé Vert—Daglan, tea shop. Eclectic mix evenings twice per month
05 53 30 47 94 Facebook: Le Thé Vert

Other venues advertise in publications such as *Sur la Rive* and *Sorties*. Please remember—make a reservation to avoid disappointment.

".. a strange art — music — the most poetic and precise of all the arts, vague as a dream and precise as algebra" - Guy de Maupassant

C'est près de chez vous

B

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*'Where words fail, music speaks' -
Hans Christian Anderson*

- * Need to contact a group leader?
- * Need to know the start time of a group?
- * Want the name of a committee member?
- * Desperate to check the date of the next social?
- * Feel inspired to read the most recent committee minutes?
- * Have to get some Eurostar timings?

All this information, and more, is on your website:

www.acip24.com

LETTERS TO THE EDITOR

Here is your opportunity to make a comment, venture an opinion or even give a compliment!

If you have an issue relating to ACIP which you would like to bring to the members' attention write to:

The Editor @ acip24.com

Accounts as at end May

Bank statement 30/05/2013	1438,22
Cheques outstanding	<u>26,00</u>
	1464,22
Cheques outstanding	<u>139,60</u>
Current account total	1324,62
Deposit account	<u>2869,25</u>
Total Funds	4193,87

..... we have been working on 5 things

Improving Health and Safety

The health and safety of our members is paramount. ACIP members are fully insured when they take part in ACIP activities, wherever these take place.

Recent changes in the Brasserie have highlighted the need for a number of improvements to the way we ensure health and safety. The splendid new front doors are providing one security exit whilst one of the side doors provides a second with new illuminated exit signs to be fitted above these doors. The campsite will purchase fire extinguishers and smoke alarms will be fitted. A maintenance plan for the gas fires will be put in place.

We all share responsibility for health and safety and a notice will be posted inside the Brasserie as to these responsibilities. Please take a moment to read this notice and take care when you are out and about with ACIP.

May we remind everyone to take special care when driving and parking on the campsite especially as the holiday makers begin to arrive.

Discussing our future

Following very useful feedback from some of our members, we are continuing to discuss the levels of comfort, accessibility and costs of our accommodation with the intention of improving the experience for everyone.

Following discussions with the proprietors, various options are being evaluated. These will be available for tabling and debating at the forthcoming AGM.

Refreshing our socials

We have had several very successful socials but we want to build on this success so that we keep the socials lively and attractive occasions. In future we will hold socials once a month with drinks from 18.00—19.00hrs with an optional meal afterwards from our traiteur. Occasionally, we will have a buffet provided by our members. Now that we are building musical talent amongst members, we will be able to entertain ourselves, giving individual artists, the choir and our bands the chance to perform live to a friendly audience.

Making cultural links

Committee members have attended two meetings with the French cultural association 'Arcades' whose aims are to stimulate music, theatre and other similar activities locally. The association is partly funded by the Conseil Générale and has an international membership. They now want to develop relationships with other cultural associations like ACIP, so we have agreed to link with this Association www.arcades.org through our respective websites. For a modest annual subscription of 15€, members of Arcades receive a 20% discount on all Arcades events.

Supporting our community

We all enjoy a very special quality of life here in the Périgord. Many others do not. So, this year we are supporting the work of La Croix Rouge in Le Bugue. They provide food, help with bills, clothing and equipment to over 50 families in the area. At the Christmas Social, members raised over 90€ for the organisation. Incredibly, they were able to feed 30 families for one week with ACIP's donation. Don't forget, you can donate clothing and household items by leaving them at the Croix Rouge building next to the post office, preferably on Thursday afternoons.