

Bulletin

March 2017

Club International du Quercy

Notice of Annual General Meeting

The Annual General Meeting of the Club International du Quercy will be held at 10.30 am - 12.00 noon on Tuesday, 14th March 2017 at the Salle des Fêtes at Belvèze. Doors will be open and registration will start at 10.00 am. The meeting is open to all members who are up to date with their membership subscription.

AGENDA

1. Welcome and opening remarks by the President
2. President's Report
3. Activity Report
4. Treasurer's Report
5. Financial Examiners' Report
6. Budget for 2017
7. Website presentation
8. Any other business
9. Elections to the Committee
10. Closure of meeting

Members will be asked to vote on the adoption of each of the reports per agenda items 2-5.

For members unable to attend the AGM, you can give your proxy vote to another paid up member. A proxy vote form can be downloaded (see 20th February email giving details of the AGM) and there will also be printed copies of the form available in the club.

If you are interested in becoming a member of the Committee we would be delighted to receive your application by the 11th March. We are particularly looking for Dutch and French members and those with computer skills.

The AGM finishes with a glass of wine at mid-day.

If you would like to join us for the buffet lunch afterwards, please book at the club by 11th March or by email and pay by bank transfer. The price of the meal is 15 euros per person.

BUFFET following the AGM

- Spiced Pumpkin Soup
- Coronation Chicken on a bed of Aromatic Rice
- Salmon Fillet with a Pesto Vinaigrette
- Caramelised Onion Tarte Tatin (Vegetarian)
- Puy Lentil Salad with Eggs
- Feta, Olive and Tomato Salad
- Assorted Breads
- Cherry and Almond Cake with Whipped Cream
- Dark Chocolate Crunch Cake with Whipped Cream
- Wine and coffee included

15 € per person

Saturday 11th March is your last chance to book so please reserve in good time

Inside this Issue

- Board Games
- Pancake Lunch
- Opening of Photo Expo
- Cake of the month

NOTICE BOARDS – a brief tutorial... In the corridor between the Clubroom and the English Library there are several notice boards, each clearly marked with its specific use. The one near the Clubroom is solely for Club use, the middle one is for forthcoming local events (concerts, sports activities; theatre etc), and the one nearest the library is only for Club members with second-hand goods for sale. The adverts MUST be written in French and English and be dated. If they're still there after 2 months, we'll remove them. On the opposite wall there's a table and shop window board. Anyone, member or not, can advertise here with posters, business cards etc. So PLEASE help the hospitality team by putting your notices in the correct place and by keeping these boards tidy.

As you probably know, NO commercial advertising is allowed in the Clubroom. The blackboard is reserved for activity leaders though, occasionally and with a committee member's blessing of course, you may see a reminder here about an imminent Club event.

Pop-up Restaurant and Photo Expo 25th February



On a sunny Saturday morning, the Hospitality team transformed the Clubroom into a 36-seat bistro and celebrated Pancake Day and the opening of the new photo expo, The Sky.

It was a full house and the room was filled with cheerful chatter in English, Dutch and French. Volunteers provided the delicious and much appreciated homemade food (choice of soups, pancakes, and salads). Also on the menu were charcuterie, cheeses and a wonderful variety of breads from the local baker. All this was washed down with wine, which was clearly enjoyed too, and coffee. The colour co-ordinated table decoration was a very nice touch and flowers reinforced the feeling that spring really is just around the corner.

As people left, they said how much they'd enjoyed themselves so this lunch could well become 'the' annual event to banish those winter blues.

" The Sky"

Come and see the fab photos already on display. There are still 9 places left for the second series of "The Sky" photos. So budding photographers, get out those cameras and be inspired by the extraordinary and beautiful sights to be seen in the sky.

Please leave your entries in the Clubroom marked for the attention of Ed van Weerd
The expo team

Recipe of the Month - **Carrot Cake** (8 -10 people)

Preparation – 30 minutes; cooking 1hour

Ingredients

225 ml sunflower oil	
250 g light brown sugar;	3 medium eggs
250 g plain flour;	1tsp baking powder
2tsp ground cinnamon;	1tsp ground nutmeg
125 g chopped nuts (walnuts, almonds, hazelnuts)	
85 g raisins;	300 g grated carrots

Icing – 125 g icing sugar; Lemon juice



Preheat oven to 180C (160C fan). Grease and line a large loaf or 20cm square tin. In a bowl, whisk together the oil, sugar and eggs until smooth. Sieve the flour, salt, baking powder and spices into a separate bowl. Stir together the egg mixture and dry ingredients and add

the nuts, raisins and carrots, mixing evenly. Spoon into the tin and bake for about an hour, or until the cake is firm but still moist inside, and a skewer inserted into middle comes out clean. Leave to cool for 15 minutes before turning out onto a wire rack to cool completely. For the icing, mix together the icing sugar and enough warmed lemon juice to make it the consistency of cream, drizzle generously over the cooled cake and allow it to set before cutting.

Through the Club Window



Gentle, mental workout – no pain, just gain

Research suggests that playing board games has important advantages such as helping to boost brain function and speeding up responses. So every Tuesday afternoon in the Club, Maroussia Romanoff is joined by like-minded members who relax while pitting their wits against each other in the friendliest of ways.

Scrabble is a firm favourite with this group and it's usually played here in French. Whether or not French is your mother tongue, what better way to improve your spelling and your vocabulary? But if it's your English you wish to improve, Maroussia also has an English Scrabble set.

She has other board games too including draughts (checkers in the US) and chess.

But maybe there's another game you'd like to play, or possibly even teach? If so, do let Maroussia know. She welcomes suggestions and indeed, any club member who'd like to join the group.

In the words of George Bernard Shaw, "*We don't stop playing because we grow old; we grow old because we stop playing*".

So there you are; board games are beneficial

New Members in February – Welcome!

- Barry Bond (Br)
- Sally Ecclestone (Br)
- Guillaume Chassary (Fr)
- Keith Verrall (Br)
- Sarah Mitchell (Br)
- Lee Lincoln (Br)
- Le Monerville (Br)
- Jan Monerville (Br)
- Joel Gray (Br)
- Madeleine Pennacchini (Br)
- Moira Dobson (Br)

Former members who re-joined the Club in February - Welcome back!

- Julie Jarvis (Br)
- Chris Jennings (Br)
- Caroline Sweeney (Br)
- Sandra Roberts (Br)
- Phil Jones (Br)

Calendar of Events

AGM Tuesday 14th March

Time: 10.00

Where: Belvèze Salle des Fêtes

PETITE RANDONNÉE

Date: Tuesday 7th March

Time: Depart 14.00

Where: Dondas 47470 – park near the Salle des Fêtes

RANDONNÉE

Date: Friday 17th March

Time: Depart 09.30

Where: Frespech parking by the Marie

Lunch: Le Midi, Beauville

Contact: Geoff Price

	Morning	Afternoon	Evening
Monday	10.00 – 12.00 Bilingual Conversation <i>Julia Jones</i>	18.00 – 19.00 La Joie du Chant <i>Jenny Grimshaw</i>	19.30 Troupe des Acteurs du Quercy** @ Salle des Fêtes
Tuesday	10.00 – 12.00 IT workshop <i>Carol Fenn</i>	15.00 – 17.00 Board Games <i>Maroussia Romanoff</i>	18.00 – 19.30 Badminton @ Salle des Fêtes <i>Gaëlle Devroux</i>
		First Tuesday of the month Short walk <i>Peter Gauntlett</i>	
Wednesday	09.00 – 10.30 Pre-intermediate English <i>Anne Gibbs</i> 10.30 – 12.00 Beginners English <i>Geoff Price</i>	13.30 – 16.30 Beginners French 13.30 Simple French 14.30 Grammar 15.30 Conversation <i>Sue Gauntlett</i>	20.30 QuercyCorum** (contact <i>Lia van de Sande</i> <i>liavandesande@neuf.fr</i> tel: 05 63 95 38 23)
Thursday	11.00 – 12.30 Intermediate French <i>Philippe Ertzer</i>	13.30 – 17.00 Bridge <i>Patrick Keeley</i>	17.00 Photocopier access for Clubs <i>Jan Emery</i>
		14.30 – 17.00 Table Tennis @ Salle des Fêtes <i>Peter Wilkinson</i>	19.30 Troupe des Acteurs du Quercy** @ Salle des Fêtes
Friday	11.00 – 12.30 Café Philo <i>Ed van Weerd</i>	14.00 – 16.00 Needle crafts <i>Ann Golesworthy & Rosemary Keeley</i>	17.00 – 18.30 Yoga @ l'Oustal <i>Pat Dron</i>
	09.30 Third Friday of the month Randonnée <i>David Howat</i>	15.00 – 17.30 Tennis Group <i>Peter Buck</i>	
Saturday	10.00 – 12.00 Café du Samedi <i>Committee</i>		

** Activities not run by the Club

Committee

President	Nicolas Barret	nicolas.barret@nordnet.fr
Vice President	Chris Barrington	chris.barrington@clubintquercy.com
Secretary	Colette Guichard	colette-guichard@orange.fr
Deputy Secretary	Ruth Smythers	ruth.smythers@clubintquercy.com
Treasurer	David Howat	david.howat@clubintquercy.com
Deputy Treasurer	Geoff Price	geoff.price@clubintquercy.com
Activities Co-ordinator	Anne Gibbs	1948annegibbs@gmail.com
Database & Accounts	Jan Emery	jan.emery@clubintquercy.com
External Meals	Shirley Sears-Black	sasb.chouettes@wanadoo.fr
Hospitality	Sue Gauntlett	clubmontaigu@gmail.com
Membership Co-ordinator	Julia Jones	julia.jones@tsf47.net



22 Avenue du Stade,
82150 Montaigu de Quercy
Tel 05 63 39 99 87
email : clubintquercy@gmail.com