



British Association of the Var

Putting people and social needs together since 1998

Association Loi 1901. No W831001750

Website: baofthevar.org Facebook BAoftheVar

August 2023

Newsletter

No 255

Presentation to Croix Rouge, Fréjus

The BAV committee regularly seeks worthy recipients of a donation, and the Croix Rouge in Fréjus was approached in this regard. They are the equivalent of charity shops in the UK and receive clothes, household items, baby gear, children's toys and books which are sold at low prices to needy people, or, in cases of severe hardship, are given away. They inhabit a series of outbuildings, supplemented by a Portacabin and a marquee. Their initial response to our request was a new roof for their leaking marquee, where the children's toys and books are stored. However, when they



heard we were offering 3000€, they realised they could buy another Portacabin to store these objects more securely. This was delivered recently and your Chairman, together with three BAV members, attended the official handover on Monday 19 June. The new "giant cheque" commissioned from the printer had its first outing and features in the attached photographs. Half of the portacabin has been fitted with tables so that from September children can come and do their homework there in peace. The presentation was followed by drinks and cake shared with the large group of volunteers who staff the Croix Rouge.



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Chairman's Letter

The holidays have been all go for some with visits by children, grandchildren and friends, briefly sharing the benefits of living in the Var. Though we have lovely scenery, pools, beaches and sights like the lavender fields, what can affect enjoyment of a stay is the excessive heat and humidity. The temperature here towards the end of June reached 38 degrees and by the time you read this the heat will perhaps be more intense. With the planet having just experienced the warmest June ever recorded, and heat waves scorching Texas, Mexico and India reaching 49 degrees, scientists consider the world is in for a period of these high temperatures. We have to get used to coping with the conditions. On June 26th the French Government issued a warning and advice on guarding against the effects of intense heat, as follows; regularly drink water, refresh arms and face 4 times a day, drink less alcohol, keep shutters closed in the daytime, and take no excessive exercise. They ask for solidarity in taking care of vulnerable people: the aged, isolated, disabled, those with particular health issues, the young and infants. Signs of heatstroke are given as headache, cramps, faintness and nausea. If you need advice contact Alastair 06 42 55 90 18 or your local Pharmacy. If it's urgent, call Samu 15 or the Pompiers 18. Though we need to keep hydrated, the drought means that officials warn they cannot guarantee the purity of the supply to our taps, so if you are aware of a person at risk, especially if they have difficulty in carrying supplies, consider offering to fetch plenty of bottled water.

Network events: Network co-ordinators and members have been busy with events and planning. The recent second quiz lunch* from the Fayence Network was another successful and well-attended event, about a third of the party coming from other Networks. The

Villecroze Network's first Network event, a picnic*, was a pleasant relaxed affair following on from their coffee morning. The Fréjus/St Raphaël Network enjoyed their boat trip in July to watch the fireworks.

Don't forget the Carcès summer games* event to be run jointly by two French charities, the Ukrainian families and Cotignac Network members, on August 2nd, at Carcès playing fields from 7pm.

Wellbeing: a reminder that the seminar* on Arthritis takes place in the evening of 27th September, from 18.00 at St John's church, St Raphaël. Charitable Giving: We recently donated 3000€ as part of the cost of an industrial walk-in fridge for a food bank that helps 500 people in Fayence each week. In Fréjus the new Portacabin* for the Croix Rouge which BAV helped to fund, again for 3000€, was handed over.

The first Committee-led Event will be the Vendange lunch at Le Patriarch Restaurant, Carcès, at 11.30 on 2nd September. The second, which will be the Christmas Lunch and party at the hotel Arena, Fréjus, on December 2nd, time TBA, will also be a special Event to celebrate 25 years of BA in the Var

*See reports/articles elsewhere on quiz lunch, picnic, summer games, Wellbeing seminar and Portacabin.

British Association of the Var Welfare Response Team

Alastair Ross
welfarebav@gmail.com
06 42 55 90 18

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Committee Corner

Your committee met on July 11th in Flayosc and, as usual, the main topics of discussion were the BAV finances and Welfare. In addition, they discussed the make-up of the committee and agreed to review whether an additional member should be co-opted. There are two very important documents written by committee members, that will be discussed at the next meeting, concerning Publicity and the Newsletter.

The traditional Christmas Lunch was agreed to be changed to an evening event to celebrate 25 years of the BAV, and to make it a more spectacular (but fun) event. The committee also considered the benefits of holding additional centrally organised events and will be discussing ideas at future meetings. Finally, it was agreed that Membership renewal timing would in future be the "anniversary of joining" for members who have joined since Jan 1st 2023, with all others remaining as Nov 1st. This would ensure everyone receives a full year benefit regardless of when they join. The next committee meeting will be on August 8th, so if you have anything you would like discussed please email secretarybaofthevar@gmail.com

Political quotes

The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin.
Mark Twain

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Great News

A very special thank you to all who have contributed used stamps for the sponsorship of training a blind dog. She has passed with flying colours and is now with her recipient. Jane is the recipient and has no vision in her right eye and can only see very little in her left eye. It was very hard for her in asking husband and friends to help as she is a person who doesn't like to ask for help and found it upsetting and frustrating. Now with her super golden retriever she can plan her day and go off and do things together.



Jane is pleased to have such a special dog that has helped her regain her confidence and independence.

A special thanks to you all for your support and we will let you know soon on the next similar project, maybe Hearing Dogs for the Deaf .

John, Gilly, Delyth Oxford.

Clean air stickers for British motorists

British drivers heading to France are being reminded that they will need to display a clean air sticker – called a Crit'Air vignette – if they plan to drive into several French cities. Similar to the clean air and ultra-low emission zones that have sprung up in the UK, the French have at least 12 zones, including Paris, Rouen, Strasbourg, Toulouse, Montpellier, Lyon, Grenoble, Nice and Marseille, with more being added all the time, where you risk a fine if you don't display one. The stickers are relatively easy and cheap to obtain, even if it requires a little bit of time and some internet expertise. UK drivers should log on to the official website www.certificat-air.gouv.fr to apply. Beware: there are a number of fake websites that will try to charge you more.

An advertisement for Audition Conseil. On the left is a profile of a woman with a pink flower in her hair. The text "AUDITION CONSEIL, THE CENTER OF YOUR HEARING WELL-BEING" is overlaid. On the right, it says "We also speak english!" with a small photo of a man. Below this, it lists two locations: LORGUES and SALERNES, with their addresses, phone numbers, and email addresses. At the bottom, it says "Le Bonheur est dans l'Oreille*" and "auditionconseil.fr" with social media icons.

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lcasalernes@gmail.com

AUDITION CONSEIL
Le Bonheur est dans l'Oreille*

National Network of Hearing Aid Acousticians

auditionconseil.fr | f t

Welfare Notes

I am sure you are all aware that **homeowners** in France, whether resident or second home, must declare their properties to the tax authorities before the 31st July. By the time you read this you will be too late if you have not done this and you are theoretically liable to a fine of 150 € for your failure. However, at the time of writing (13th July), there was talk of extending the deadline further as so many people have not yet filed their details and the tax offices are choked with enquiries. Even way back, it was admitted that it was unlikely that any fines would be raised this year. Nevertheless, it is still advisable to register your return as soon as possible if you have not already done so. If you are a subscriber to "The Connexion", there are plenty of helpful articles there on the subject. If you are not a subscriber, I may be able to advise.

French Administration in the Future

Those who have been resident here a long time will realise how much documentation has been made easier. Tax returns are filed online and your carte vitale saves payment and filing the brown "Feuille de Soins" forms for reimbursement. It will often include the reimbursement through your mutuelle. Now there are proposals to combine the carte vitale with your ID card or Titre de Sejour. It is obvious that more and more aspects of the administration are being computerized and with the growing use of Artificial Intelligence this trend can only quicken. The French authorities have said that they will not cross-reference all these declarations etc., but I cannot believe that they will be able to resist! I firmly believe that the days when you could live down here "on the black" or "flying under the radar" are over. Anyone who is still doing so is strongly advised to become legitimate.

As far as the BAV is concerned, we are prepared to help anyone, but we will not give financial aid to any resident who is not fully legitimate. If you need advice as to what constitutes residence, do ask.

Alastair ROSS
Welfare Secretary

Wellbeing Seminar 27 September 2023

Dr Frederic Levecque, specialist in médecine physique and rééducation will speak and answer questions on maintaining fitness and rééducation following problems with joints including arthritis.

His expertise in taking care of sports professionals, particularly in tennis, can be transferred to those of us suffering from joint and back problems. This is a chance to ask your questions to an expert and maybe follow up with your own doctor.

This is a late afternoon meeting because it is the only time Dr Levecque can fit us in his schedule. You really don't want to miss this.

Please use the booking form even though it is free because it is essential to know the number attending.

Wellbeing Tip

Keep an eye out for information that will be advertised in due course at your local town/village hall or in many Maisons des Associations concerning their open days in September. These French social club facilities are an excellent way to discover new opportunities and activities in all domains and a great way to integrate and make new friends.

**Let us have your Advertisements,
Articles and Reports for the
September issue by
Tuesday 15 August
All contributions to:**

newsletterbav@gmail.com

or to Shirley Rowson, L'Amphithéâtre Sénèque A,
178 Rue Armand Duvivier, 83600 Fréjus

Please Note: We appreciate the support of our advertisers and encourage members to consider using their services; however, BAV cannot take responsibility for the quality of goods and service

BAV Group Activities

BAVCHAT

This is a forum for members to communicate with other, willing, members with details of items for sale or disposal, local events, or requests for help or advice. If you would like to join this growing community then drop a request to: bavevents@gmail.com

BAV Boules/Lunching Group

We continue to meet and play every Monday morning at one of the following villages Villecroze, Cotignac, Flayosc, Lorgues, Les Arcs with lunch taken in one of the local restaurants.

If you wish to be on the Boules Group mailing list please get in contact with John Oxford
bavboules@gmail.com

Chair Yoga

This activity has come to a halt for the summer months. Watch this space for updates.
dsmith335@comcast.net

Wellbeing

The Neighbourhood networks are proving to be attractive now and new younger members are joining in with new ideas - and new friendships are forming. For those members who have not yet ventured along to a coffee morning, it's never too late and you could be missing out on some fun in your vicinity! Friends and relatives are also welcome.



www.baofthevar.org

See the Latest News and
Forthcoming Events on our

BA website

[Facebook BAoftheVar](#)

Up and Coming

Vendange Lunch

We are delighted to advise that our annual Vendange lunch will be held at the Chateau St. Croix (between Carcès and the Abbaye du Thoronet) on Saturday September 2nd. In addition to a lovely lunch with good friends, in very pleasant surroundings, the afternoon will include musical entertainment and, who knows, maybe even some dancing.

**Starting at 11.30 with an Apéro and
Canapés we will then have lunch
consisting of:**

Entrée: Vegetable Tart with Poached egg

**Plat: Croquette de Veau with
Dauphinoise potatoes**

**Dessert: Tarte Tatin with Vanilla Ice
Cream**

Coffee and Wine included

The cost of this event has been held at the same level as last year and so is only €35 for members and €40 for guests. Numbers will be strictly limited, so early booking is recommended (either on the website or

Summer Games - Carces Stade

2 August

There is still time to join in the Summer Games arranged jointly by the Cotignac Network and the French association, Ukrainian Solidarity. Join the family fun with 20 wooden pub games, music and tombola. Entry by donation at the gate. There will be 'Bring and Share' meal if you wish to participate or just bring a picnic.

Ladies Who Lunch special

St John's church group Ladies Who Lunch organised a special edition for their 20 June meeting, inviting husbands and partners, plus the local



BAV Neighbourhood Network. 23 people congregated on the pool terrace of the Hôtel L'Aréna in the heart of Fréjus old town to enjoy the landscaped surroundings, excellent French cuisine, good service and company. We shall repeat these

special meetings twice a year in June and December.

Contact Shirley Rowson for details: shirley.rowson@gmail.com

Villecroze picnic

14 picnic-goers met under the trees in the park at Villecroze on Tuesday 27th June. Using the picnic benches we made one long table where we unpacked a large variety of picnic food. It was very relaxing, cool and shady under the canopy of leaves where we shared the tasty food and drink on offer and chatted amongst ourselves until most of the food was eaten. It was a very enjoyable day and appreciated by both long-standing and new Members.



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Canton de Fayence Neighbourhood Network Quiz Lunch

The second Network event organised by the Canton of Fayence Network, a quiz lunch, took place by the scenic Lac de Saint-Cassien. The tables, mostly

arranged to seat four people, looked very attractive in the airy outdoor space. Most who attended were happy with the food but for some members



the menu failed to live up to its promise and they rightly complained, some noting that coffee did not appear. After the meal there was the usual hiatus waiting to start the quiz. Once teams settled down and got the hang of things the wide-ranging questions challenged both knowledge and memory. As the answers were read out there were many groans of, 'I should have known that!' and a few appeals to quizmaster Shirley Rowson to have alternatives accepted. The Ross family won by several lengths, receiving a bottle of wine, and there was also a prize to console the lowest scoring team. Shirley was given a resounding round of applause as she received our thanks and a bottle of red. As this turned out to be Shirley's last time as quizmaster we shall miss her efficiency, firm handling of the rounds and occasional flexibility when challenged. Sadly, the retiring Network co-ordinator, Sandie, who had organised the event, was on the point of departure and had to dash away before the end, but not before Alastair Ross, a member of the network, thanked her warmly for the enthusiasm and hard work she has put into the role.

Donating cars to a good cause

A new online platform is hoping to make it easier for people to donate cars they no longer have a use for to people in need. There are dozens of garages solidaires throughout France, low-cost garages aimed at those who need a vehicle but struggle with the cost, where it is possible to donate your old car so they can sell it or rent it out. Now, automobile club Roole has teamed up with Solidarauto, a network of garages solidaires,

to create donnezvotrevoiture.org, which will put you in touch with your nearest participating garage. There are currently 11 certified garages, vetted to make sure they undertake reliable repairs and are associations, meaning donors can benefit from a tax reduction – with the aim to have at least 20 by the end of the year. Most donations are from individuals, but Roole is also looking to target professionals, such as dealers and companies that maintain a fleet of vehicles.

The cars are either rented out for around €5 to €10 per day, or sold, generally for between €1,500 and €3,000. Garages solidaires can also help buyers to obtain financial aid, and when it comes to repairs, labour rates are capped at between €30 and €40 per hour. Beneficiaries must usually earn below a certain income, using the Quotient Familial calculated by the CAF, or be sent by Pôle emploi. People who do not qualify can still have their car repaired there but will pay full price. Donors will be asked to enter their name, address and car registration online, and a nearby garage will decide whether it is worthwhile taking the car.

The Bereavement Support Network of the Var (BSN)

This organisation exists to support not only the bereaved but also those who are terminally ill, and their families and friends. If you, or someone you know, could benefit from our confidential, free support, then please contact:
Sandra - 04 94 84 64 89 or 06 24 50 22 74
info@bsnvar.org or www.bsnvar.org
for further information.



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Half Year Financial Report

(31st December 2022 – 30th June 2023)

Dear Member,

Please find attached the Balance Sheet for 30th June 2023 together with the Payments and Receipts for the same period. These are unaudited and give a snapshot of the financial position for the BAV. The Balance Sheet shows a comparison to the position at the end of 2022, whilst the Payments and Receipts shows a comparison with the same period last year.

Income for the period shows a significant increase which is explained by an increase in the number of Events. Conversely this also has the effect of increasing the expenditure on Events. Sponsorship figures are reduced due to the number of payments made outside the reporting period compared to last year.

Expenditure is significantly lower compared to the same period in 2022, mainly due to a fall in the number of donations to charities. Newsletter costs have increased significantly as discussed at the AGM, but this increase has been more than offset by the saving in Address Book costs. General 'running' costs – Office, Travel expenses, IT sundries are all reduced. Welfare Expenditure shows a significant increase driven in the main by financial assistance provided to various persons.

I hope this information is of interest to members and, if anyone has a query, I would be only too willing to respond.

Philip Davies (Treasurer)
08.07.23

Committee

Chairman – Michael Wharton

chairmanbav@gmail.com

Secretary – Peter Holdway

secretarybaofthevar@gmail.com

Treasurer – Philip Davies

treasurerbaofthevar@gmail.com

Membership Secretary – Philip Davies

bavmembership@gmail.com

Networks – Pauline Holloway

bavnetworks@gmail.com

Welfare – Alastair Ross

welfarebav@gmail.com

06 42 55 90 18

Wellbeing – Johanna Matthews

wellbeingbav@gmail.com

Committee member – Stella Reynolds

Important non-Committee Members

Newsletter Editor – Shirley Rowson

newsletterbav@gmail.com

Newsletter compiler – Sandie Docherty

publicitybav@gmail.com

British Association of the Var Half Year Financial Report Balance Sheet

	30 June 2023	31 December 2022
Current Account	1,106,31€	2,575.08€
Compte Parts Sociales	15,452.00€	15,172.00€
Livret "A " Account	72,562.77€	76,562.77€
CSL Associations Account	48,340.12€	55,540.12€
Cash in hand (Floats)	350.00€	350.00€
Total	137,811.20€	150,199.97€
Creditors	0.00€	0.00€
Debtors	0.00€	0.00€
Total	137,811.20€	150,199.98€
Change to date in 2022	-12,388.77€	

Half Year Financial Report End of June 2023									
Payments and Receipts									
<u>Income</u>				2023		2022			
	Subscriptions			745.00 €		805.00 €			
	Donations			132.00 €		99.00 €			
	Sponsorship - Newsletter			600.00 €		925.00 €			
	Sponsorship - Address Book			0.00 €		500.00 €			
	Events			6,739.00 €		4,348.60 €			
	Interest Earned			280.68 €		211.40 €			
			Total Income		8,496.68 €		6,889.00 €		
<u>Expenditure</u>									
	Newsletter costs			3,172.17 €		2,157.96 €			
	Address Book costs			6.02 €		1,269.97 €			
	Membership Postage costs			46.30 €		0.00 €			
	AGM Costs			1,524.40 €		1,578.09 €			
	Events			6,144.56 €		4,348.01 €			
	General Office / stationery costs			143.50 €		437.54 €			
	Website costs			1,204.00 €		1,675.56 €			
	IT Sundries			0.00 €		753.22 €			
	Storage rental			420.00 €		420.00 €			
	Travel Expenses			205.90 €		578.94 €			
	Insurance			719.00 €		673.00 €			
	Awards			0.00 €		133.32 €			
	Publicity			0.00 €		233.70 €			
	Neighbourhood Network Grant			35.00 €		200.00 €			
	Committee Meeting costs			0.00 €		67.80 €			
	Bank Charges			36.00 €		0.36 €			
	Wellbeing	Seminar Costs		0.00 €		50.00 €			
		Resources		3.10 €		100.00 €			
		Sub Total		13,659.95 €		14,677.47 €			
<u>Welfare Expenditure</u>									
	The Ark			1,250.00 €		699.00 €			
	Travel			360.00 €		932.20 €			
	Emergency assistance			303.00 €		0.00 €			
	Resources			240.50 €		0.00 €			
	Gifts			0.00 €		22.00 €			
	Grants			2,000.00 €		0.00 €			
		Sub Total		4,153.50 €		1,653.20 €			
<u>Donations to Charities</u>									
				3,072.00 €		10,836.36 €			
		Total Expenditure			20,885.45 €		27,167.03 €		
Movement					-12,388.77 €		-20,278.03 €		

NEIGHBOURHOOD NETWORKS

**Aups, Entrecasteaux, Figanieres, Regusse,
Salernes, Tourtour & Villecroze**

The next meeting will be on **Tuesday 29 August** at 10:00am and we will be returning to Le Cercle d'Avenir, Villecroze for our coffee. We are a friendly group and welcome all members and non-members. Why not come along for a chat?

Pauline Holloway bavnetworks@gmail.com

**Cotignac, Fox Ampoux, Le Val,
Montmeyan, Sillans la Cascade, Varages**

Cotignac network will meet at the Cafe de Cour on **Friday 25 August** at 10h45. Don't forget to turn up for the **Summer Games in Carces on 2 August** from 7pm.

Michael Wharton 07 61 30 17 16
mwharton57@gmail.com.

**Fréjus, St Raphaël, Agay, St Aygulf,
Bagnols-en-Forêt, Puget-sur-Argens**

The next meeting will be on **Thursday 31 August** at 10.30 at the Restaurant de la Piscine on the Base Nature in Fréjus

Johanna Matthews 0663354333
johannamatthews@icloud.com

La Motte and Le Muy

On **Thursday 03 August** at 10.30 we will be having the Coffee morning at the Bar des Cascade, la Motte. We look forward to seeing YOU there .

John Westlake 0494554724
westlake0494@yahoo.com

Les Issambres

We meet on the first and third Tuesdays of the month outdoors at Parc Issambres. We send a reminder to those who normally attend.

Richard Tolaini 06 69 08 97 47
tolaini83@aol.com

**Lorgues, Flayosc, St Antonin
and Taradeau**

We will meet at 10.00 on **Wednesday 09 August** at La Grange in Avenue de Toulon, Lorgues.

John Morgan, jandemorgan@gmail.com;

Pays de Fayence

This Neighbourhood Network is scheduled 10.00 on the **Thursday 17 August** at the "AuPain Gourmand" boulangerie in Montauroux

Alastair Ross 04 94 76 17 70
alastair.ross@wanadoo.fr

**St Maximin la Ste Baume, Brue Auriac,
Mazaugues, Meounes, Nans-les-Pins,
Neoules, Ollieres, Pourcieux, Pourrieres,
Seillon Source d'Argens and Tourves**

For those of you who are not on holiday, the apero evening at Les Deux Cervoises in St Maximin will take place on **Tuesday 1st August** starting at 18.30. Just to bore you with a detail, it happens to be the Swiss National Day!!

The coffee morning will take place at Le Cercle on **Thursday August 17th** from 10.30 onwards. Not sure the date has any significance!!

As neither of these dates is compulsory there is no need to tell me if you can't be there.
njfollett@gmail.com

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Ave Paul Doumer, St Raphael**

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held

**every Sunday at
10h30**

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Monthly lunch.

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British Association of the Var Reservation Slip

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IF BOOKING MULTIPLE EVENTS PLEASE ATTACH SEPARATE CHEQUES OR MAKE SEPARATE VIREMENT PAYMENTS FOR EACH EVENT AND COMPLETE YOUR EMAIL ADDRESS FOR CONFIRMATION AND CLARIFICATION OF ANY QUERIES

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Virements can only be made from a French bank account and payment details are:

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BOOKINGS SHOULD NOT BE REGARDED AS CONFIRMED UNLESS YOU RECEIVE CONFIRMATION FROM PETER HOLDWAY,
EVENTS COORDINATOR.

VENDANGE LUNCH

Château St-Croix, Route du Thoronet, 83570 Carcès

2 September 2023 at 11.30. 35€ members, 40€ non-members

Names of Attendees	Member y/n	Value €
Payment by: Cheque or virement (please tick)	Donation to BAV Welfare Fund	
	Total value paid	

****EMAIL ADDRESS REQUIRED:**

When complete please return this slip, with your cheque, to: Peter Holdway, 2945 Chemin du Derroc, 83570 Cotignac OR if paying by virement post as above or email details to bavevents@gmail.com

PRESENTATION ON ARTHRITIS

St John's Anglican church, 117 av Paul Doumer, 83700 Saint-Raphaël

27 September 2023 at 18.00.

Names of Attendees	Member y/n	Value €
		N/A
Payment by: Cheque or virement (please tick)	Donation to BAV Welfare Fund	
	Total value paid	

****EMAIL ADDRESS REQUIRED:**

When complete please return this slip, with your cheque, to: Peter Holdway, 2945 Chemin du Derroc, 83570 Cotignac OR if paying by virement post as above or email details to bavevents@gmail.com

PLEASE INCLUDE YOUR EMAIL ADDRESS ON ALL BOOKING FORMS