



# British Association of the Var

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**March 2023**

**Newsletter**

**No 250**

## Fort Bregançon Visit

On 31st January, although there were general strikes in France, fortunately this did not affect the visit to our President's summer retreat. In fact the roads were empty and made the trip there and back to Bormes les Mimosa very pleasant indeed thanks to the mimosa in bloom along the route. After having to follow several protocols, security checks and obtaining special permission for our group of 20 from the Elysée palace thanks to the Bormes les Mimosa tourist office, we were finally allowed entry to the long access road to the promontory which was crowned with the fort buildings. We then entered the impressive gate and were shown around the gardens within the walls, including the recently installed swimming pool which had to be delivered by helicopter. This was followed by a tour of the interior, including President Macron's office.



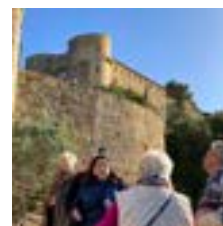
From the comments made after the visit it was felt that it was indeed fantastic experience as the guide took us back through French history and filled our heads with various local stories in French, even relating back to the Wright Brothers ! Although we were only allowed to take photographs of the outside of the Fort and the grounds, see photos of the terrace of President Macron's bedroom and that of the one where Theresa May slept in August 2018.

Check out the virtual visit of the **inside** of the Fort that we were able to see on :

You Tube : 'Télé Matin Carré VIP 04/06/2015 Visite du Fort de Bregançon

A Video of the views and the Fort surroundings ;

You Tube : 'France 3 Provence-Alpes-Côte d'Azur Sep 23 2020



The Fort and the Island were listed as historic monuments on 25 September 1968 and acquired the status of presidential residence thanks to Charles de Gaulle, then it was opened up to the public by François Holland. President Macron had to wait until the gilet jaune protests stopped in 2018 before he could install his chosen

style of furniture from the stock held in Paris, much of which was commissioned from the designer Pierre Paulin.

More facts about the Fort and the various Presidents can be found in **English** via the following link : <https://www.elysee.fr/en/french-presidency/fort-of-bregacon>



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**Seminars**

## Chairman's Letter

With the renewal period having lapsed and recent new members now added, our membership stands just short of 400.

Please note that the AGM date has been moved to 14th June. It will be held in Les Jonquières, Le Muy, at 10.30, when reports will be made and elections held. Nominations for two Committee posts will open on 1 April. Nominees must be tax resident in France. A sample pro forma will be in the April newsletter and can be completed by proposer and seconder. A letter may also be used. Nominees are required to write up to 250 words setting out their relevant experience and reasons for standing.

I enjoyed leading the lively and positive first Development meeting for Network Coordinators. Though run in different ways, the monthly coffee meetings continue to be the key Network activity, providing a valuable social context and enabling members to look out for each other and keep up-to-date and informed. To enhance the latter there will now be a regular arrangement where each Co-ordinator will announce details of upcoming Network events, BAV central events, and local French-run activities.

While some members find the coffee meeting arrangements sufficient, others are keen to get involved in more activities within and outside their network. To extend social and Wellbeing opportunities, Co-ordinators will look for volunteers to lead an activity, whether one-off or regularly as with the Tai Chi. Tennis and badminton were already proposed at the meeting and many small group activities could be offered

from indoor board games or cards to passing on a skill or interest, walking, cycling or arranging a visit.

Start-up grants may be available via discussion with Pauline, Network Organiser. As well as such activities run for the local Network, successful Network events like the Fayence lunch and quiz, designed for a wider audience, are gaining momentum, with new ones in the pipeline. Since the meeting,

St Maximin Network offer an interesting recruitment activity in the form of evening apéros open to anyone wishing to speak in English. These will be held on the first Tuesday of each month, starting on March 3rd at Café aux Deux Cervoises. They also plan a bauxite mine museum visit in Torves followed by lunch.

Fréjus/St Raphaël has booked a guided tour of Roman Fréjus on 4 April with an English speaking guide. Booking form in this Newsletter. It was agreed that a bank of event ideas will be compiled and kept by Pauline to whom they can be sent directly. Among these already are visits to local wine and food producers, cinema and theatre, town and village tours.

Though three new Networks have been set up in the last two years, it was considered we need more to fully cover the Var. Gassin, Vidauban and Bormes-les-Mimosas were mentioned as suitable places to try. Recent arrangements being made for a Network event have pointed up some anomalies in booking and payment procedures which are being addressed. All agreed that the meeting had been valuable and a second one in May was arranged.

Wellbeing activities: Pleased to say that the 'plein air' drawing/painting opportunity offered earlier by Paul Griffiths will now go ahead on 12th April at 14h00 in the very impressive Parc Natural Regional de la St Baume. Not only those who wish to draw or paint would benefit from a place of such outstanding natural beauty. Please see his article. The seminar by the BSN will take place on 5th April at the Mairie in Flayosc at 14h30. Booking may be made by website or using the booking



*We also speak english!*

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form in this Newsletter. The Thursday lunch club will meet at Hotel L'Aréna, Fréjus, on 30 March - please contact Michael to book: [mwharton57@gmail.com](mailto:mwharton57@gmail.com). A report on the first Chair Yoga session appears in the Well-being article.

Network events: Please see report elsewhere on the Fort Bregançon visit. Cotignac Network's visit to the Carpe Diem wine estate will be on April 1st. Ten-pin bowling organised by Lorgues Network will take place at Draguignan on March 16th. Committee-led Events: the Boules Competition will be held at 10h30 at St Maxime on 6th March. The Coronation Garden Party will take place on Monday, 8th May, at Taradeau, the same venue as last year's Jubilee celebration, but with a different menu.

### Hour Change

A reminder that clocks go forward 1 hour on 26 March.

**Let us have your Advertisements,  
Articles and Reports for the  
April issue by  
Wednesday 15 March  
All contributions to:**

**[newsletterbav@gmail.com](mailto: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

### Coronation Garden Party

In celebration of the Coronation of King Charles we will be holding a garden party at the Chateau de Saint Martin in Taradeau on Monday May 8th starting at 11.30. Those who attended last year's Jubilee Garden Party will remember the fun of the event and we are looking to repeat that this year, although one major difference will be a move to a hot lunch rather than last year's cold buffet.

Further details of the event and the full menu will be in next month's newsletter. However, as numbers will be limited, there is a booking form at the back of this edition and also on the website. The cost of this event, with a three course meal, wine, and entertainment, is only €35 for members and €40 for guests and we look forward to seeing you there.

### St Maximin-la-Ste-Baume Neighbourhood Network

Diana André de la Porte has been the coordinator of Saint Maximin Neighbourhood Network for 10 years and has nominated Nigel Follet to take over. Many thanks to Diana for her service to the BAV and her offer to support Nigel, whom we welcome and thank for taking up the role. Pauline, our Network organiser, presented a bouquet to Diana at the February meeting.

Chairman

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## Up and Coming

### Lorgues Neighbourhood Network event – 10 pin bowling

Following the highly successful first event of this kind in 2022, now is the time to get into action again with our strikes and spares. As last year, the venue is Bowling 2000 in Draguignan (42 Impasse des Géraniums). We are hoping for at least 24 players to sign up as the owners have kindly offered to open specially for us the morning of March 16<sup>th</sup> from 10 to 12 noon. Refreshments and nibbles will be available at the bar. As names will be allocated to lanes on arrival, in groups of up to 6, please make sure to arrive at 10 am sharp to avoid delays. After bowling, those who wish may decide to go to a local restaurant for lunch.

The cost will be 10€ per player based on two rounds of bowling. Please complete the booking form and send payment as shown at the back of this newsletter. Open to all members and friends

For further information: [d.hulmes@wanadoo.fr](mailto:d.hulmes@wanadoo.fr)

### En plein air drawing in the Var

You are invited to join me for a session of en plein air (outdoor) drawing, for the afternoon of Wednesday 12th April in the Ste-Baume area, south of St-Maximin-le-Ste-Baume.

If you are interested in coming, please contact me at my email address for all the information that you will need, including location details, and advice on drawing materials.

**Paul Griffiths,** Rocbaron,  
[paulgriffiths1661@gmail.com](mailto:paulgriffiths1661@gmail.com)

### Fréjus and district Neighbourhood Network event – visit of old Fréjus

On Tuesday 4 April there will be a guided tour of old Fréjus, including some of the Roman remains, in English. It will start at 10am at the Tourist Office, 249 rue Jean Jaurès, 83600 Fréjus and last about 2 hours. Cost is 10€. Please wear walking shoes. Afterwards there will be lunch at Le Palais

restaurant, next to the Tourist Office as an option, paid for individually on the day. Numbers are limited to 20 so please complete and send the booking form in the Newsletter without delay. Contact: [wellbeingbav@gmail.com](mailto:wellbeingbav@gmail.com)

### St Maximin Neighbourhood Network event

The St Maximin la Sainte Baume Neighbourhood group is beginning an informal monthly apéro evening starting on the 3rd March. We think we have found an ideal spot on the outskirts of St Max, whose specialty is a large variety of beers; they also serve wine and coffee plus snacks. We thought a regular evening event would be useful for people who are working during the day and would like an opportunity for a simple get-together. More details will be available fairly soon. If you think you could be interested let me know.

Nigel Follett at [njfollett@gmail.com](mailto:njfollett@gmail.com)

### Thursday Lunch Club

This will be at the Hotel l'Arena, 139 av Général de Gaulle, Fréjus (parking opposite in Place Agricola) on 30 March 2023 at 12 noon. Menu la Carte 34.99€ - entrée, plat and dessert from the Carte. Please reserve your place with Michael: [mwharton57@gmail.com](mailto:mwharton57@gmail.com)

### Travelling Book Swap

Just a reminder that there is no book swap in March as there is no venue, but the April book swap will be at the same venue as in December and January, chez Jeremy Frankel in Le Thoronet, on Wed April 19th, from 10.00-12.00p.m, with plenty of books, DVDs, CDs etc, & coffee/tea & biscuits as usual. All welcome, please email Mim Kay on [mimi4opp@gmail.com](mailto:mimi4opp@gmail.com) for address/directions if you haven't been before, or follow the balloons!



# 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](mailto:bavevents@gmail.com)

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## 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](mailto:bavboules@gmail.com)

Monday 13th February we met at Villecroze on what was a beautiful spring morning with 23 members present. 18 members then had a most enjoyable lunch, arrangements by Robert at Lei Cigales, which culminated with the surprise



presentation to Didier and Marilyn of the Award for the best restaurant of 2022 which we visit for our lunches after being voted for by Bouling members. The award, together with the many other categories for 2023, will be presented again as voted by the members at a presentation luncheon towards the end of the year. Photos are of the presentation to Marilyn and Didier on a very happy occasion for all members present.

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## Tai Chi

Tai Chi is held with Ginette on a Monday morning at 10.00 in the Art Danse Studio in Montauroux. Please arrive 10 mins early to change into your indoor shoes. The studio has sprung wooden floors, air conditioning and mirrors which all help. For Further details please contact:  
Sandie Docherty. [publicitybav@gmail.com](mailto:publicitybav@gmail.com)

## Chair Yoga

The first sessions of chair yoga with Debbie Smith took place in February both in Flayosc and Lorgues. If you are interested in taking part in the next sessions please make contact with Debbie direct via her correct email address  
[dsmith335@comcast.net](mailto:dsmith335@comcast.net)

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## 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.

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## More Ladies Who Lunch

In January the group Ladies Who Lunch, from St John's church in St

Raphaël, joined forces with the female members of the British Association of the Var's local Neighbourhood Network group to lunch together at the restaurant 7th Heaven on Fréjus Plage. There were 2 toddlers, supervised by 15 adults including



mothers, grandmas and great-grandmas - quite a collection. The staff members were welcoming and patient, and the food was excellent - which was good as the chef is married to one of the young mums. The restaurant is under new management and looks set to become a popular venue, especially when the rooftop cocktail bar, with sea views, is also open for dining.

### British Association of the Var Welfare Response Team

**Alastair Ross**

[welfarebav@gmail.com](mailto:welfarebav@gmail.com)

07 80 29 65 79

## Wellbeing seminar with the BSN

The Bereavement Support Network team presents : "Putting Your Affairs in Order" seminar, to be held in:

**Salle Mistral of Flayosc Mairie  
on 5 April at 14.30.**

Book early for this important topic by form or website.

### Bank details scam

People in France are being warned to watch out for a new telephone scam dubbed 'vishing', in which criminal callers try to take control of your bank account. 'Vishing' is the phone version of 'phishing' (in which fraudsters operate by SMS or email), and comes from the words 'voice' and 'phishing' (called 'hameçonnage' in French). The fraudulent callers typically start by 'warning' the victim of 'suspicious activity' in their bank accounts. The victim is pressured into falling into the criminals' trap and sharing personal information to 'validate' transactions. The callers will sometimes seek to reassure the victim that they are genuine by sharing their name, date of birth, mailing address or other personal data. Up to 1,500 potential victims have already been identified.

Cybermalveillance.gouv.fr was founded in 2017 and has recorded 600,000 requests for help from cybercrime victims since. It provides help, assistance, and prevention techniques to help individuals and companies to avoid cyber scams.

- How to avoid falling victim  
Stay alert to the time. These fraud attempts tend to take place at the weekend or Friday

night so as to avoid any [real] verification from your bank.

- Check the incoming number – your bank will never use a mobile phone number to contact you.
- Never give personal banking data of any kind over the phone, SMS or by email.
- In case of any doubt, or a message about fraudulent activity, you are advised to call your bank independently, on a number that you have dialled yourself.
- Never give out personal details without being 100% certain the request is genuine.
- Remember that your bank will never ask you to confirm personal details or identifying data over SMS, email, or phone.

(I was recently the victim of a scam where someone used my debit card to try to make three online purchases in northern France. I have no idea how they got the number. In two cases the shop asked for the two codes required by my bank so the purchase didn't go through but the other shop didn't bother, so I have had to claim the money back. The card was cancelled straight away and a new one issued. However, a few days later I had a call in early evening from a man on a mobile phone pretending to be from the bank to check that my card (and he gave the correct last four digits) had been cancelled, then asked if I had a new one. He then asked for the card number as it had to be registered in an insurance scheme for safety. I told him I did not give those details to anyone and he immediately hung up. So it happens – be aware! Editor)



Luc de BARDONNECHE  
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## Committee Corner

Your committee met on February 7th and, as normal, majored on the topics of finance and also current welfare cases. They reviewed the current position with local networks running events, as well as agreeing to the final details for the Coronation Garden Party on May 8th, and a BSN seminar in April. They also agreed to move the AGM to June 14th due to unforeseen circumstances. They discussed the opportunity of allowing service providers (plumbers, mechanics etc) to be listed in the Newsletter and agreed to process this further. Some considerable time was devoted to the website and the address book and it was agreed that the latter would be produced "in house". Also, on the digital side it was agreed that our Facebook page should be opened to (moderated) posting from anyone in the Facebook group. The next meeting will be on March 8th and if any member wishes anything to be discussed then please email [secretarybaofthevar@gmail.com](mailto:secretarybaofthevar@gmail.com)

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## New tax form

Millions of homeowners in France now have another declaration form to fill in this year linked to reforms to the French residency tax, *taxe d'habitation*. Over recent years *taxe d'habitation* has been removed for main homes. It is still due in full for second homes and other properties available for you to live in. Those who do still have to pay the *taxe d'habitation* will be billed according to the property that they owned, rented, or occupied on January 1 of the year in question. The similar *taxe sur les logements vacants*, levied on empty, unused properties, also still applies.

To help determine who still needs to pay these taxes, public finance office la Direction générale des finances publiques (DGFIP) is now asking all homeowners to complete a new declaration. The form is required if you have a main home or a second home in France, and whether your properties are currently being lived in or not. Even if you believe you have no *taxe d'habitation* to pay, you are still required to fill in the form. Around 34 million homeowners and 73 million properties are affected. Homeowners must fill in the form on the [impots.gouv.fr](http://impots.gouv.fr) website, in the *Mes biens immobiliers* section or their personal space, to

complete a *déclaration d'occupation* for each of their properties. On the form, you must indicate who was living in the property, or had it at their disposition, on January 1, 2023. Information already held by the tax office will have been pre-filled, so for many people it will be just a matter of 'a few clicks' to check it is correct, the DGFIP told The Connexion. You only need to fill in the form once, unless any details later change.

Even non-resident second-home owners are entitled to have a personal space at the tax website. Benefits include being able to consult your local property bills online in this space. However, for people who do not have an account on the site it will be possible to provide the information over the phone on 0809 401 401. You should have to hand in information from a previous tax statement such as your *numéro fiscal* (tax number), as well as an identity document such as your passport. You can complete the formality at the same time as your tax returns this year, however this is not obligatory as the two are not directly linked. The final date to complete the new declaration is June 30, 2023. The form only applies to property that can be lived in, so properties such as a parking space or a commercial building are not included. Rental properties are included.

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## English words used in French

Du cash (some money)  
Un coach (a personal trainer)  
Un dealer (a drug dealer)  
Les baskets (trainers)  
Le rimmel (eye makeup)  
Le brushing (blow dry)  
Le weekend (weekend)  
Le shampooing (shampoo)  
Le footing (jogging)  
Un smoking (tuxedo)  
Un piercing (pierced nose or other part of the body)  
Un snacking (fast food cafe)  
Un relooking (makeover)  
Un camping (campsite)  
Un pressing (dry cleaner)  
Snober (to treat with disdain)  
C'est cool (that's cool)  
Flasher (to have a crush on/to be flashed by a speed camera)  
Un parking (car park)  
Le Brexit (Brexit)

## New members

We welcome the following new members to the British association of the Var: Stephen Bone from Fayence; Stephane Hild from Lorgues.

## Change to recycling rules in France



All plastic packaging can now be disposed of in yellow recycling bins – but not all of it will be recycled. The new rules took effect in January to encourage people to recycle more by making it easier to understand what goes where.

Put all plastic, cardboard and metal waste in yellow bins. Yoghurt pots, toothpaste tubes and plastic wrapping are among the items which no longer need to be thrown away. Containers do not need to be washed, but each item should be kept separate and should not be in a bin bag.

The change does not mean all plastic is now recyclable. 65% of plastic packaging is recyclable, including bottles and the plastic covering packs of water bottles, and 15% has recycling processes which are under development and need to be perfected, such as yoghurt pots. The final 20% cannot currently be recycled, including crisp packets. Non-recyclable plastic found in yellow bins is either used for testing new recycling methods, buried, or burned and used as fuel, to replace fossil fuels in cement plants, for example.

The government is aiming to do away with single-use plastic by 2040, and has announced it will invest €300million in developing the recycling chain. It wants to reduce household waste by 15% by 2030. From January 2024, everyone in France will be required to have a compost bin or to use public bins. Many areas have also introduced a redevance incitative (incentive fee) waste collection system. This involves modifying the waste collection tax to include an extra fee based on how much waste you produce. This results in a reduction of 30% to 50% of household waste, and a 30% increase in recycling, according to the government. Also in January, France banned single-use tableware for clients eating in restaurants with more than 20 seats.

## Delay to plan to increase local tax for more second homes in France

A list of extra towns that will be able to charge up to 60% more in tax d'habitation has been postponed. A list of new areas in France that will be able to require up to 60% more tax d'habitation to be paid on second homes is now only expected by the end of the spring. A decree outlining communes eligible for the increases was due to be released in mid-February but this is no longer expected, meaning any actual increases are now likely to apply from 2024 and not 2023. This is because mairies have only until the end of February to vote to apply an increase to this year's tax. The change is expected to authorise more towns, especially those in popular coastal areas, to increase tax d'habitation on second homes if they vote to do so. Around 4,000 additional communes are expected to feature in the list and thus be able to do this. Taxe d'habitation has been abolished for all main homes and is now only payable by second-home owners.

The new measure has been introduced partly to help increase budgets in towns that have been hit by Covid and the lack of tax d'habitation from main homes; and partly to give authorities another means to address problems of housing tensions. It means more areas will be able to be designated as so-called zones tendues or under-pressure zones. Before the new measure, only communes with more than 50,000 residents and in which "a major imbalance between supply and demand of housing is causing serious difficulties with access to housing" were designated as such and were thus able to charge extra tax d'habitation. The new law will do away with the requirement for 50,000 inhabitants.

### 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:

[info@bsnvar.org](mailto:info@bsnvar.org) or [www.bsnvar.org](http://www.bsnvar.org)  
for further information.  
or 06 24 50 22 74

## Application process for French citizenship online

The French government has launched a more simplified online process for becoming French through the portal NATALI. The online service does not change the requirements for French citizenship, just the application process and is intended to streamline the application process by creating a single, nationwide portal where you can submit your citizenship



application online. More details on [www.Service-Public.fr](http://www.Service-Public.fr)

Once submitted, you will then attend one in-person meeting at your local prefecture where you go for the interview where you will be tested on your knowledge of France and French culture, to see if you are sufficiently integrated to become a citizen. The portal also allows you to create an online account where you can track the process of your application, and where any requests for extra documents or more information will be sent. The portal went live on February 6th and now all new applications must be made in this way, according to the government's public service site.

The France government has now made it mandatory for anyone wishing to acquire the French nationality to have at least a level B1 in French of the Common European Framework of Reference for Languages. There is no longer exemption for the over 60s.

### ST John the Evangelist Ave Paul Doumer, St Raphael

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## Obituary

### Michael and Mary Walsh

Two of the longest standing members of the BAV sadly died within weeks of each other recently. Michael's brother Brian sent this message from Australia:

"Unfortunately, my brother Michael, did not recover from the shock of Mary's unexpected death on 3 January, and he died peacefully in the Clinique Les Espérrels, on 11 February. Neither Michael nor Mary



wanted a funeral service, but just to be cremated and have their ashes laid to rest in the Figanières Cemetery Columbarium. So the family will now come together in Australia to remember them, and I will return to Figanières later in the year. I enclose a photo of Mike and Mary taken in happier times during the Golden Jubilee of Queen Elizabeth II in 2002."

Brian also thanked the BAV welfare team for their support at this difficult time.

## Quotes

"At age 20, we worry about what others think of us; at age 40, we don't care what they think of us; ...at age 60, we discover they haven't been thinking of us at all." **Ann Landers**

## Emergency contacts

Medical help/SAMU	15
Police/Police Nationale	17
Fire and accident/Sapeurs Pompiers	18
SOS – all services (calling from a mobile)	112
BAV Welfare phone	07 80 29 65 79
EDF English speaking number	09 69 36 63 83
Orange English speaking number	09 69 36 39 00
Out of hours pharmacy	<a href="http://www.3237.fr">www.3237.fr</a>

## NEIGHBOURHOOD NETWORKS

### Cotignac, Fox Ampoux, Montmeyan, Pontves, Sillans la Cascade, Varages

We will meet on Friday 31 March at the Union Bar, Cotignac at 10.45. A visit to the Carpe Diem wine estate will be on 1 April.

Michael Wharton 07 61 30 17 16  
[mwharton57@gmail.com](mailto:mwharton57@gmail.com).

#### What's On

Karaoké March 1 and 30 Bière la Tuf  
Rock Concert 4 March

\*\*\*\*\*

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

The next meeting will be Tuesday **28th March** at 10.00 at the Bar des Grottes, Rue Ambroise Croizat which is on the main road through Villecroze to Aups. Come and join our friendly group for a drink and a chat.

Pauline Holloway [bavnetworks@gmail.com](mailto:bavnetworks@gmail.com)

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

The next meeting will be on Thursday **30 March** at 10.30 in the back room at Mugs in St Raphaël. Our next venture will be a tour of old Fréjus in English on 4 April at 10.00, with optional lunch.

Johanna Matthews 0663354333  
[johannamatthews@icloud.com](mailto:johannamatthews@icloud.com)

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### La Motte and Le Muy

On Thursday **02 March** 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](mailto:westlake0494@yahoo.com)

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### 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](mailto:tolaini83@aol.com)

## Lorgues, Flayosc, St Antonin and Taradeau

We will meet at 10.30 on Wednesday **08 March** at La Grange in Avenue de Toulon, Lorgues. We are organising 10 Pin Bowling in Draguignan on 16 March with optional lunch afterwards. See booking form in Newsletter.

John Morgan  
[jandemorgan@gmail.com](mailto:jandemorgan@gmail.com)

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### Pays de Fayence

This Neighbourhood Network is being held at 10.00 on the Thursday **16th March** at the "AuPain Gourmand" boulangerie in Montauroux Sandie Docherty 06 18 58 40 00

[publicitvav@gmail.com](mailto:publicitvav@gmail.com)

**What's On** Website Paysdefayence.com

English language Cinema

Marlowe 02 March 15,30

06 March 18,00

Classic Cars 19 March Fayence

Guided Walk 19 March Tanneron

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

The St Maximin coffee morning will once again take place on Thursday **16 March** from 10.30 onwards at the Cercle Philharmonic in the main square of St Maximin la Ste Baume We welcome a new organiser, Nigel Follett, and thank Diana for starting and leading this Network over many years. NB: New venture -

Apero evening starting 3 March. More details from Nigel Follett [njfollett@gmail.com](mailto:njfollett@gmail.com)

### Desperate to Stop?

**call Alcoholics Anonymous**

24 hour helpline –

08 20 20 02 57 [aa-riviere.org](http://aa-riviere.org)

## British Association of the Var Reservation Slip

**Please book directly via the website [www.baofthevar.org](http://www.baofthevar.org) or complete and post the booking form below.**  
**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**

**Cheques should be made payable to British Association of the Var**

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

**A/C name: The British Association of the Var. IBAN: FR76 1910 6000 1208 3942 0000 088 BIC: AGRIFRPP891**

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

## 10 PIN BOWLING AT DRAGUIGNAN

**Bowling 2000, 42 impasse des G raniums, 83300 Draguignan**

**16 March 2023. 10.00 (sharp!) – 12.00. 10€. Optional lunch afterwards.**

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

**\*\*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](mailto:bavevents@gmail.com)**

## FREJUS NETWORK EVENT – TOUR OF FREJUS

**Meet at Tourist Office, 249 Rue Jean Jaurès 83600 Fréjus at 10.00.**

**Optional Lunch at 12.00 at Le Palais, 227 rue Jean Jaurès, 83600 Fréjus**

**4 April 2023. 10€. NUMBERS LIMITED TO 20**

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

**\*\*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](mailto:bavevents@gmail.com)**

## BEREAVEMENT SUPPORT NETWORK OF THE VAR SEMINAR

**Mairie, Av. Angelin-German, 83780 Flayosc**

**5 April 2023. 14.30**

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

**\*\*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](mailto:bavevents@gmail.com)

[illegible]

**PLEASE INCLUDE YOUR EMAIL ADDRESS ON ALL BOOKING FORMS**