

# *The Brida Journal*

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[www.journal.brida.eu](http://www.journal.brida.eu)

Week 41/2020

**The journal for learners of English, by learners of English**

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## **Sisteron**

# **Pearl of the Upper Provence**

**Geneviève continues to guide us along the 2020 Tour de France.**

### **Stage 2**

Sisteron is about 240km north of Nice, situated in the Alpes de Haute Provence. It is known as the pearl of the Upper Provence. It is a medieval town with narrow streets (many too narrow for cars) lined with old houses and little squares with charming fountains. There is a cathedral, (Notre Dame des Pommiers, Our Lady of the Apple Trees). Take time to explore the interior, it is richly decorated. The altar, the golden statue and the baptistry are eye-catching. On the hilltop you will find an imposing citadel.

You start by visiting the Earth and Time Museum. Here you can see how time is told and measured in nature using unusual objects. You can also start the Time trail from the museum.

From the town centre, climb up the hill to the citadel which towers above the Durance valley with the beautiful river. The fortification was in a strategic place between the Alps and the Mediterranean Sea. This monument was also a stronghold for the Counts of Provence. Today, it is a museum devoted to Napoleon and also horse drawn carriages.

Let your curiosity guide you through some of the old streets and squares and discover the towers from the old fortifications, also the Baume Rock directly behind the houses. Do not forget to have a look at the special roofs and the

beautifully carved, wooden doors which are typical of the Provence. Walking along the Durance River, you have a beautiful view of the town.

The town also offers an arts festival in August and the Lamb's Festival takes place during the Ascension Weekend.

Discover the surrounding area of Sisteron which offers a lot of possibilities. For example, you can drive to the tiny village of Eourres and go on a donkey trek. You have the possibility to do a half day trip to a weeklong trek, including camping or lodging.

There is an Extra Virgin Olive Oil producer at the Moulin Fortuné Arizzi. He suggests touring the mill, watching an educational film, visiting his Eco Museum and walking along the botanical trail. All free of charge.

Between Sisteron and Mont Ventoux you can find Thierry and Sylvie's Lavender Distillery in Sault. You can watch the essential oil extraction which is done after the flowers have been dried in the sun. They work with both types of flowers (Lavender and Lavandin). They also recommend walking along the Lavender Trail.

If you want an adrenaline kick, why not go white water rafting or canyoning in Ubaye and the Gorges du Verdon. A professional team welcomes you and guides you to discover the spirit of adventure.

For cyclists, let yourself be attracted by the spirit of the Tour de France and cycle up Mont Ventoux. Have fun!

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# Brida Series: Kayvan

## We are millionaires in Iran

Today, the average wage of each worker is about 30 million rials, (610 €) which is the minimum wage, and in factories with a better financial situation, such as car factories, this average wage can be as high as 50 million, (1000€) and depending on each person's experience it can go as high as 100 million. (2000 €)

The maximum retirement age can be 53, and you start work at 30 years of age. If you reach the age of 53, you can retire.

For example, if you are 53 years old and have paid 23 years of insurance, the equivalent of one year's insurance payment will entitle you to a one-day pension. That means, you will receive 23 days of salary as your pension after retirement. The 1000€ become about 600€.

In Iran, since annual inflation is about 30-40% per year, in addition to not paying any fees to maintain our money, banks also pay up to 17-21% interest on deposits.

Looking at the exchange rate of about 50 years ago to today, the monetary value of Iranian Rial was worth 1 US \$, today it is about 49,000 Rials for one US Dollar.

The price of food in Iran is very low. The price of a kilo of tomatoes, which is over 1€ here, is about 20 Cents in Iran, and the price of diesel is €1.20, while in Iran it is 20 cents. Yes, we are oil producers.

In Iran, we can still say, one person works, and the family eats.

I had a house in Iran and when I bought it, I paid in cash for it. I didn't get any help from the bank, so I didn't pay a mortgage. We saved 20% of our salary and the put rest in the current account. We could travel abroad, go mountaineering and follow our interests.

Ironically, since I have been living here, even with the salary of a little over the minimum wage, and earning more in than in Iran, I have less to spend. Two people work, and the family eats. What we lose in money however, we gain in (intellectual) freedom. It is a trade-off.



## Apartment with Sea Views in Brida South.

The property was originally a house which has now been converted into 3 separate apartments.

Bella Vista, on the ground floor, offers spacious 4-Bedroomed accommodation tastefully appointed and with modern facilities

It is located in a superb position just a few metres from Brida South Beach. The flat is currently used as a successful holiday let but would equally suit as a permanent residence or as a second home.

The Accommodation Comprises:

**Open Plan Living Area** - about 6.71m x 4.14m overall with sea views.

Fully glazed to front plus side window, 2 electric panel radiators, laminate flooring (which continues almost throughout the apartment).

**Kitchen Area** - With a range of wall and base units, laminate worktops, stainless steel sink unit, integral electric hob with cooker hood overhead and electric oven. Dishwasher, washing machine and fridge/freezer.

Two inner hallways off the kitchen lead to the bedroom areas and one bedroom has a good sized built-in under stairs cupboard.

**Bedroom 1** - 5.05m x 3.05m into bay with sea views.

Large square bay window, electric panel radiator.

**Shower Room** - Tiled shower cubicle, hand basin, WC, extractor, electric ladder style radiator/towel rail, walls tiled to half height.

**Bedroom 2** - 3.96m x 2.59m.

Electric panel radiator, 2 steps up to:

En-suite Shower Room - Tiled shower cubicle, hand basin, WC, window and door to rear yard, extractor, electric radiator/towel rail, walls tiled to half height.

Off second Inner Hallway:

Bedroom 3 - 3.18m x 2.84m.

Electric panel radiator, door and window to second rear yard.

**Bedroom 4** - 2.97m x 2.95m.

Electric panel radiator.

**Outside** - Shared pedestrian gate from the street with pathway to the front door. The front garden is communal to the three flats and has been landscaped with gravelled areas for ease of maintenance.

**Maintenance** - A management company has been formed to administer the maintenance of the structure and common parts. Each flat owner is an equal shareholder in this company. The maintenance cost for 2020 was €400 per annum.



## Mushroom & Leek Filo Pie

### Ingredients

50g butter Rapeseed oil for frying and brushing 2 large onions, finely chopped 500g leeks, finely chopped 2 garlic cloves, crushed 600g mixed mushrooms, finely chopped 5ml medium-dry sherry	Small bunch fresh tarragon, leaves finely chopped 100g mature cheddar, grated 1 tbsp dijon mustard 3 medium free-range eggs 8 filo pastry sheets
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### Method

1. In a large frying pan, melt 25g of the butter and a glug of oil until the butter begins to foam. Add the onions and leeks, then fry for 10-15 minutes until softened and starting to caramelize. Add the garlic and cook for 1 minute, then remove with a slotted spoon and set aside on a plate.
2. Melt the rest of the butter in the pan and add another glug of oil, then turn up to a medium-high heat and fry the mushrooms until softened and golden. Return the onion and leek mixture to the pan, pour in the sherry and bubble for a minute, then stir in the tarragon and plenty of seasoning. Set aside to cool completely. Stir in the cheese and mustard once cool.
3. Meanwhile, boil the eggs for 4-5 minutes (depending how runny you like your eggs), then remove with a slotted spoon and put in a bowl of iced water. Once cool, peel and set aside.
4. Heat the oven to 220°C/200°C fan/gas 7. Layer 2 sheets of the filo lengthways in the prepared loaf tin so they overhang the ends, brushing with oil as you work, then layer 5 more filo sheets widthways, also leaving a large overhang on both sides of the tin. Continue to brush each sheet carefully with oil as you work.
5. Once the tin is completely lined, spoon in half the mushroom filling. Make 3 shallow indentations in the mixture with the back of a tablespoon and put a boiled egg in each one. Cover with the rest of the mushroom mixture, then fold over the overhanging filo pastry. Roughly scrunch up the remaining sheet and use it to top the pie. Brush again with oil, then bake the pie for 30 minutes until the pastry is golden and crisp. Leave the pie to cool in the tin for 5 minutes, then use the overhanging strips of baking paper to lift the pie out onto a board.



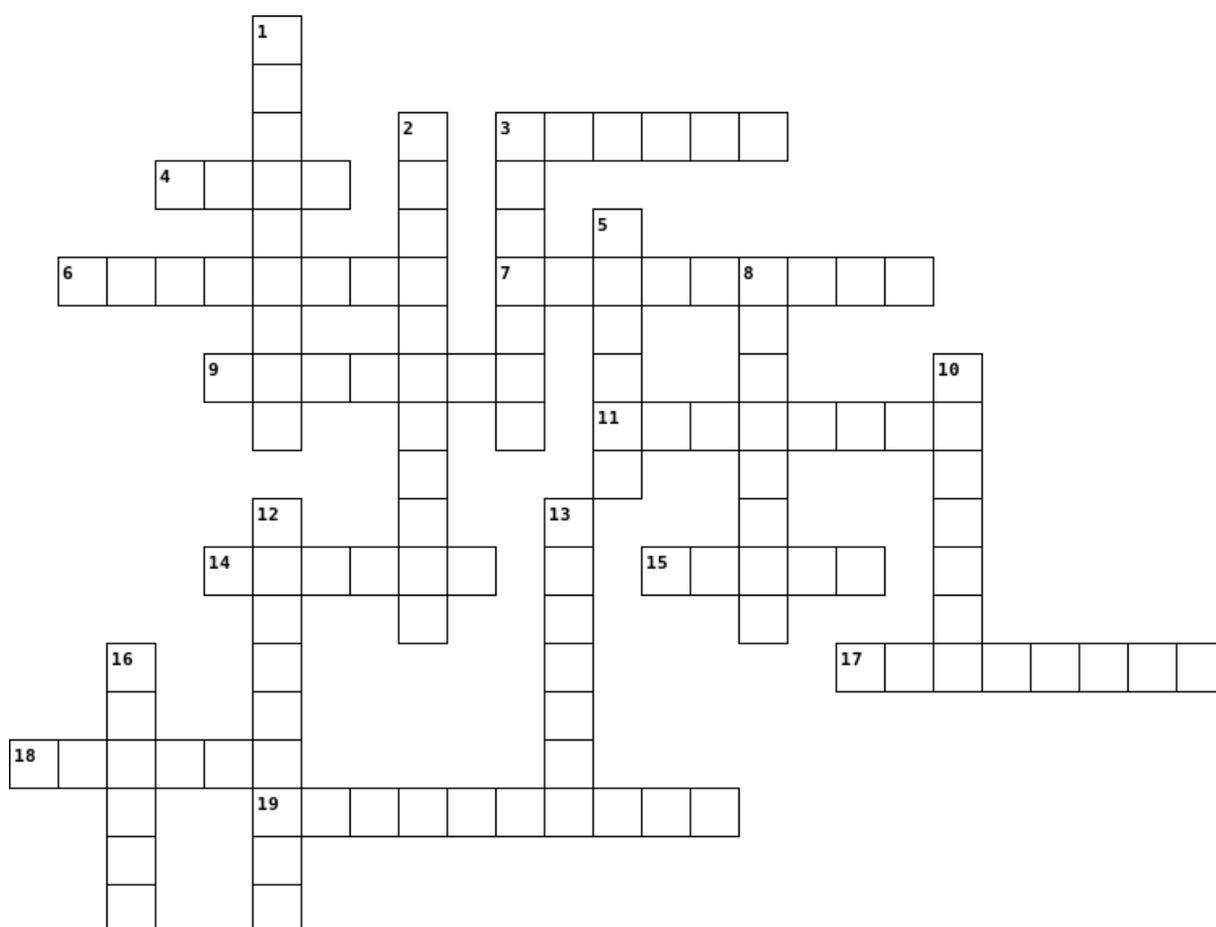
## Our special offers for this week.

Butter, slightly salted 250 gr. €1.89	Organic dried apricots 250 gr. €3.39	Paper Glue Stick 43 grams. €1.65
Baked Beans 6 can pack. €3.75	Whole Almonds 200 gr. €2.39	Playing Cards 1 Deck €1.59
Apéro Crackers 200 gr, €1.55	Oyster Bay, Marlborough White Wine 75 cl €4.50	3-5 Chicken Breast Filets 600 gr, €5.95
Seasonal Apples 6 per pack, €1.25	Paper Napkins 20 per pack. €1.49	Smoked Bacon Rashers 220 gr €2.75
Ready to eat plums 4 per pack €2.25	Bamboo Chopping Boards Various sizes, from €6.50	Sanitary Towels, Night 10 per pack. €2.99

**Offers while stocks last. Valid from October 05, 2020 to October 10, 2020.**

# *Brida Gymnastics - Vocabulary*

## Weekly Vocabulary Crossword 41.20



**Across**

3. what you climb up to reach the next level
4. covers a house
6. from the middle ages
7. where people live in a large building
9. to say a warm hello to customers
11. to give and receive something of similar value
14. not young, but not ancient
15. what you walk on inside your home
17. the heating element on the wall
18. not sweet
19. when you stop working but are still paid

**Down**

1. a unit measuring distance between towns
2. who wants to be a ?
3. large spaces in towns
5. a gap between hills
8. a room without walls or windows
10. best two days of the week
12. place of worship
13. the highest or the most
16. the money you earn when working

**Solution 40.20****Across**

3. Vienna
4. Cowboy
5. Summer
6. Half
8. Corsica
11. Dover
12. Vaccine
13. Funny
15. Birthday
16. Excursion
18. Email

**Down**

1. kittens
2. Berliner
4. Czech
7. Advantages
9. Smartphone
10. Employer
11. Daughter
14. Magician
17. Clean

## *Play Brida, Learn English*



The Brida Journal,  
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**The Brida Journal** is an educational tool with the purpose of helping learners to improve their knowledge of English.  
Educators wishing to participate in the programme should contact me via email.

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### **Third Party Inspirational Sources**

classifieds: gumtree.ie or gumtree.co.uk,

the supermarket: various supermarket websites in the United Kingdom

weather: [bbc.co.uk/weather](http://bbc.co.uk/weather), (the city is Perpignan, France)

Chez Brigitte: [olivemagazin.com](http://olivemagazin.com).

The garden: Wenia Field's Gardening, published 1973 by Octopus Books.