

# *The Brida Journal*

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

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

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## **Indulging Yourself**

**Wissembourg has something different for your indulgence.**

How do you translate the German “Genusszentrum” into English? Especially when the “geniessen” is one which involves all your senses? Centre for indulgence does “not cut the mustard”. Pleasure centre – sounds too corny. We move on.

People living in Wissembourg will be aware of the buildings popping up on the road to Soultz and Haguenau. And we will have seen the building with the tents, the Tarte Flambée sign – we look at it as we drive on, but our concentration is distracted by the traffic.

I saw the flyer of this “Genusszentrum” in another shop, spoke to the person at the cash till and she told me where this place is. I connected the dots.

The website and the brochure were incredibly inviting, but I also had an ulterior motive. I went in and said hello. The coffee was good, the “Apfel-Streuselkuchen” was outstanding. But what I saw was not different. But then, well it was somehow different. Certainly, for the local area. I had seen something similar in England. It is not that easy to describe because there is so much. All you can do is to immerse yourself into a world inviting you to indulge.

The building is industrial, it is big, it is modern, it is practical. Inside, you walk into a restaurant, and a shop, somewhere in the loft is a gallery, a café. Despite its size, the place is surprisingly intimate. It is full of stuff, but not overcrowded. A giant chandelier dominates the middle. It is light, but not too bright. It is airy, but not cold. It is warm, welcoming and if it is empty of people, it is still full, because there is so much to explore.

The place is owned and managed by husband and wife team Elke and Hans Dieter and a third partner, Frank. Previously they had been in event management and were looking for a new project – for fun. Not too much work, nothing to prove anymore. They had been there and done that. Corona changed all that and now, like for many self-employed, times are challenging. The days are long, the pressure is intense and the future uncertain.

Elke explained the challenges of setting up the business in France. She explained, the concept was so new to the area, it took more convincing than normal to prove their merchandise was not just recycling on the cheap.

In normal times it offers a lot. Baking, BBQ and cooking courses, Tarte Flambée accessories, gifts, home and tableware decorations. Elke is a photographer and displays her photos in a small gallery upstairs.

This place is a refuge. In normal times, there are so many things to do. And it is not indulgence, it is wholesome, it is down to earth, it is fun, a pleasure, a place to be active, enjoy, laugh, learn, explore.... Some things are not possible at the moment, but it is a refuge. It is warm and welcoming, you can escape and feel secure because, as we wait for the storm to pass, we appreciate the indulgence of seeing, tasting, hearing, touching and smelling.

So, how do you translate “Genusszentrum?” How about something with paradise?

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You can find the Genusszentrum here : [www.rebluchs.de](http://www.rebluchs.de)

“Le Fin Gourmet Rebluchs”, 6 rue Alfred Kessler

# The Damavand Peak

## **Kayvan tells about climbing Iran's highest mountain.**

For mountaineers, climbing Damavand is something to aspire to. With a height of 5671 meters it is the highest mountain in Iran. Planning a trip requires a few tips and factors. What to plan, the price of the programme and other aspects of the programme.

First of all, it is necessary to know what routes there are to get to the Damavand summit. There are eleven routes in Damavand, and four routes are normally used.

Also, to go to the top, people should stay together. If one person is weak, he should go to the top of four thousand meters at least two or three weeks before going climbing to the summit of Damavand and sleep there. This makes the day of the ascent of Damavand above 5000 meters easier for him.

Visiting the Damavand Peak is a four-day trip. Travelling from Tehran to the city of Damavand on the first day, takes about 4 hours. From there we head to the shelter of Damavand Peak. This takes 7 hours. After reaching the shelter we rest and spend the night there and the next day we head to the summit. It takes about 10 to 12 hours to get from the shelter to the summit and back. Back from the summit to the shelter, we spend the night there, rest and eat nutritious food to restore lost energy. The next day, after breakfast, we head to the town of Damavand and from there we drive back to Tehran.

The cost of a four-day round trip from Tehran to Damavand Peak totals about \$40 - \$45. This includes four breakfasts, energy meals such as chocolate and snacks, as well as the cost of the round trip by car from Tehran to the city of Damavand and from there to the summit and back.

Due to the location of Damavand summit, at an altitude of 5671 meters, the use of proper heating equipment is essential. In short, the accessories needed for heavy mountaineering, such as Damavand Peak, are warm clothing, jackets, trousers, adapted to mountaineering boots, depending on the season, hat, glasses, sunscreen. It is necessary to have extra clothes in this expedition.

In such expeditions, climate awareness is very important in order not to have problems with bad weather.

Besides having a GPS compass and a route map, having experienced people who have already climbed the mountain is essential. Knowing the emergency telephone numbers can also help in case of need.

But, if you are with an experienced guide like me, it is an unforgettable experience.



# Pumpkin Soup

## Ingredients

- 1kg pumpkin or squash, cut into 4cm wedges and seeds removed
- 1 garlic bulb, halved horizontally, plus a couple of cloves to garnish
- 1 banana shallot, roughly chopped
- 1 red chilli, roughly chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- Small bunch fresh coriander, stalks and leaves separated
- Olive oil to drizzle
- 500ml fresh vegetable stock
- 160 ml coconut cream

## Method

Heat the oven to 200°C/180°C fan/gas 6. In a roasting tin, toss the pumpkin, garlic, shallot, chilli, spices, and coriander stalks in a drizzle of oil. Season, cover tightly with foil and roast for 30 minutes. Remove the foil and roast for another 30 minutes until the pumpkin is tender and starting to caramelize.

Scrape the pumpkin flesh from the skin. Discard the skin and put the flesh in a blender. Squeeze the garlic out of its skin into the processor with the rest of the veg from the tin. Add the stock and whizz until smooth. Add the coconut cream, then whizz again.

Pour into a large pan and simmer over a medium heat for 10 minutes.

For the garnish, heat the oil in a small frying pan over a medium-high heat. Add the garlic cloves for garnishing, along with the chilli and shallot. Cook for 6-8 minutes until caramelised and starting to crisp.

Season the soup to taste, then pour into the pumpkin (or deep warmed bowls) and garnish with the shallot, chilli, garlic cloves and coriander leaves, if using. Drizzle with a little oil and serve.



## Our special offers for this week.

Coffee Mug  
€ 3.99 per Mug.

Mexican Lager Beer  
12 x 330 ml €9.99

Mini Pork Pies  
12 per Pack, €6.99

Potty Training Pants  
2 per Pack, €7.99

Children's Toothpaste  
Strawberry flavour  
50 ml tube. €3.90

Sablé Brand Cat food  
330 gr. €0.29

Milk frother with stand  
Per unit, €13.99

Water Filter cartridges  
3 per Pack €11.75

Air Fresheners  
300 ml. €1.99

Scented Candles  
Various Sizes from €9.99

Dishwasher Salt  
3 Kilo bag. €1.99

Ottolenghi Recipe Books  
Starting at. €11.99

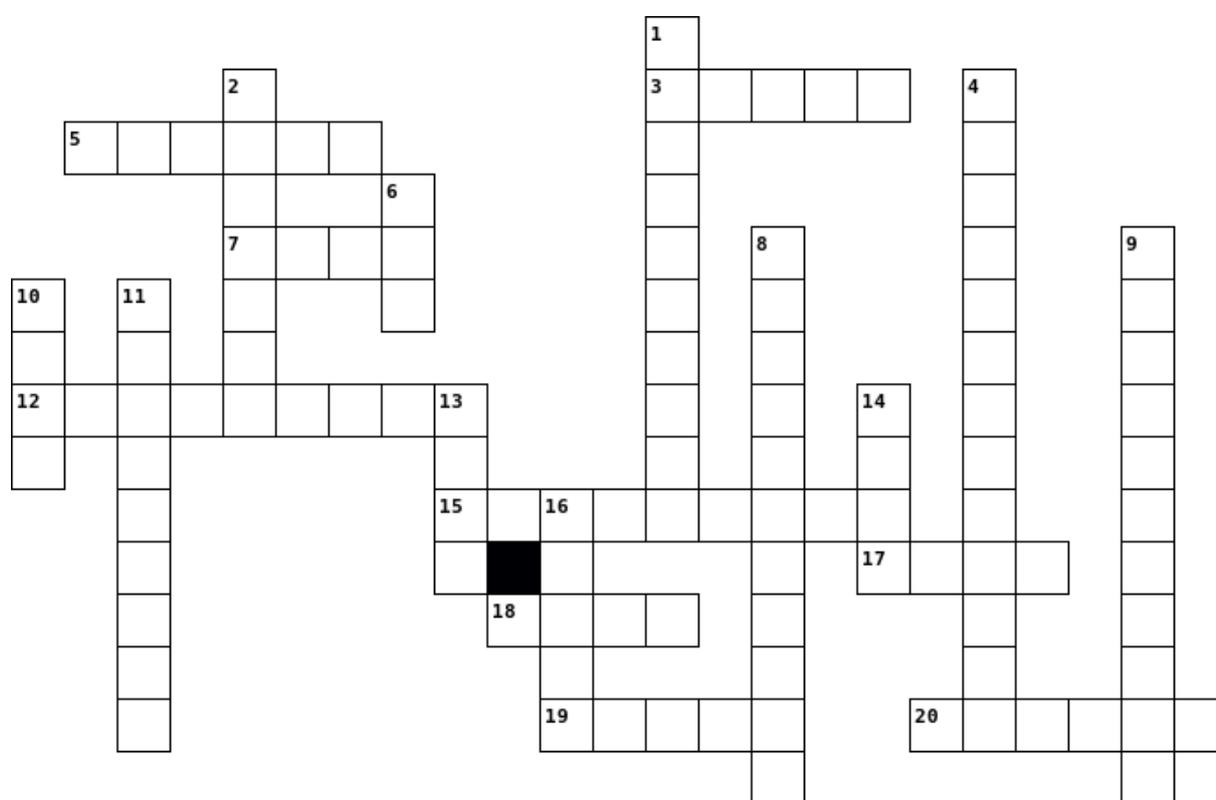
Black witches' hat for  
Halloween  
Per hat, €2.75

Pink Gin Bath Salts  
€3.75

Trick 'n' Treat Bucket  
25 cm €6.99

**Offers while stocks last. Valid from November 02, 2020 to November 07, 2020.**

# *Brida Gymnastics - Vocabulary*



**Across**

3. a common greeting
5. when something is contemporary
7. a journey
12. to have constant understanding of a situation
15. when something is unsure
17. a group of people working towards a common goal
18. a board with a message
19. special footwear for outside activities
20. 5 important abilities needed to live well.

**Down**

1. large ornamental light in big rooms
2. to bring back to an original state
4. a very positive experience
6. navigation system (abbreviation)
8. the things shops sell
9. little things that make life easier or things more beautiful
10. the top of a mountain
11. obtain the meaning of a word in another language
13. food commonly eaten in winter
14. temporary structure made of cloth to sleep in
16. how to get to the top of the mountain

**Solution 44.20****Across**

3. Viaduct
4. architect
7. Mixture
9. Reduce
10. whipped
11. motorway
12. saucepan
15. Tuktuk
17. Read
19. Gorge
20. adventure

**Down**

1. Rocquefort
2. straight
5. fortress
6. different
8. sprinkle
13. airport
14. coast
16. urge
18. month

## *Play Brida, Learn English*

### Improve your English with the Brida Journal

All the texts come with lessons. Whilst the Journal is free of charge, the lessons do come with a low fee to cover the cost of my time and work.

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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.

#### **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: [olivemagazine.com](http://olivemagazine.com) or similar publications  
The garden: Wenia Field's Gardening, published 1973 by Octopus Books.