

# *The Brida Journal*

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Week 46/2020

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

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Speak the unspeakable  
Say the untold things  
I'm all ears  
To you, my lovable  
Who joy for me brings.  
Speak about the old years  
About the unforgettable dreams  
Your voice in my space like a bell rings  
My soul...cleans  
And my heart swings  
Between words and thinks of  
Today, tomorrow and memories.  
So, speak the unspeakable  
Reveal the untold things.  
Me, I'm all ears

*Mirna, Safita, Syria*

# Be curious and follow your instincts!

## *Carolina, from Wissembourg, continues her story about learning in Sri Lanka*

The next morning, I took the bus to Polonnaruwa. It was a seven-hour drive, but time flew by! The trip by bus was in itself an adventure. I was the only tourist, so I could not go unnoticed. I was surrounded by locals only. The first minutes were uncomfortable, but soon they began to talk to me, just out of curiosity.

There was so much to see along the way that I could not get bored. One local explained many things to me, (where we passed, history of Sri Lanka, sights not to be missed, "look, look, an elephant!) At the same time the only traffic rule seemed to be "don't die".

What was different? I had a book, my travel diary, movies on my mobile phone, something to eat. I expected I would have too much time and wanted to use it and not be bored. But that did not happen. My fellow travellers shared their delicious food with me, and there was always plenty to see and talk about, so I did not have the time nor the inclination to do anything else.

Welcome to Polonnaruwa, an ancient city in the Northern Central Province! My plan was, just check in, leave my backpack in the "hut", rent a bike and ride to the centre to see the town. My accommodation was a lakeside hut surrounded by jungle. On the right side, only 5 meters from the balcony was a large group of water buffalos, trees full of monkeys and all kinds of birds. If you looked to the left you could see the lake, also with water buffalos and the locals fishing in small boats. It looked extraordinary. I forgot my plan and followed my heart. It wanted me to stay in that special mood. I spent hours watching the animals and drinking fresh pineapple juice.

The next morning, I visited Sigiriya, probably the most visited destination in Sri Lanka. The Sigiriya Rock is an old palace and fortress complex. I arrived early, but the place was already crowded. I visited the museum to learn about its history.

There were many mosquitoes, so I took a few seconds to apply mosquito repellent. Meanwhile I was robbed!!! I was sitting on a bench when a monkey came towards me. I thought, "oh how cute, I'll take a picture". He snatched my phone. At the same time his accomplices, one from behind and one from above, took my rucksack. I put up resistance, however, the monkeys, (small but incredibly strong), bared their teeth and I gave in. A local helped me, and after a few stones and some patience my bag fell from the tree. I had my water, sunscreen, mobile phone, documents, and my cash back with me. But not my lunch! We laughed and I started to become more careful. I learned, you never have to be afraid, but you have to be careful. The monkeys followed their instinct and just wanted to eat. Wild animals are not pets.

Afterwards I went to a temple nearby and then hiked to Pidurangala Rock. The trail is very wild, just for the fit and adventurous. But it is absolutely worth it, and the view is fascinating. Then I returned to my jungle hut, watched the animals and ate fish from the lake accompanied with vegetables and finished off with some ice cream for dinner.

The next day I rented a bike and discovered the historic town of Polonnaruwa. I saw many ruins and impressive archaeological structures and monuments.

I was impressed that people constructed buildings so well back then (5000 years ago). Today we build more, yet the quality of the buildings is lower. Why, I ask myself?

The area is enormous, it is visitor friendly with information boards. Riding a bike there was simply perfect. A little tip: if you visit religious sites you have to cover your shoulders and go barefoot.

*To be continued.*

# Tour de France 6 – The Ante Chamber of the Pyrenees.

## *Geneviève lingered a little longer in Tarn.*

We know Paris, Provence, Côte d’Azur, but hidden to the west is a true jewel. Tarn is a Department in the South West of France and is also called the *Pays de Cocagne*. Translated, it means “Land of Abundance”. Knowing this, preparing a trip made my brain whirl.

What can we do here? Here are some recommendations, but there is much, much more. This is just a drop in the ocean.

Lavaur is an old medieval town in which a heretic massacre took place in 1211. 400 people were burnt at the stake and the *Chanson de la Croisade* tells of this tragic event. Don’t forget to have a look for the belfry of the Cathedral Saint Alain, you will be surprised by the “Jacquemart” – a wooden figure which reminds us of the religious wars. He strikes the bell.

There is also the Musée de Pays de Cocagne, (the Museum of Abundance). It exhibits many sacred art objects, archaeology, and popular traditional art. There are also themed exhibitions.

Not far from Lavaur are many historical towns. One noteworthy town is Gaillac which is well known for its wines.

Albi: a medieval town, on the river Tarn is also the Department’s Principle City. Walk on the Bridge and discover the “red town”. Stroll along the narrow streets, wander past the half-timbered houses, to the fortress like cathedral. The interior of the building is an eye-catching decoration, in the style of Flamboyant Gothic to Renaissance.

Albi is also the birthplace of the painter Toulouse Lautrec, and also the Navigator La Perouse.

The town also offers two of the four Paths of St. Jacques de Compostella. Coming from Puy in the north, it leads south to Cordes, Gaillac and along the Agoût River to Castres. The pilgrims sometimes leave the main path go along the smaller ones to see the relics, holy healers and miracle fountains.

Castres and the “Black Mountains”. A masterpiece of nature. The *Lac des Montagnès* is also an exceptional “*espace naturel*”. In Mazamet is a “Himalayan Bridge.” Not for the faint hearted. And, if you are there at the right time, do not forget to attend a rugby game.

Not far from Castres is Burlats. Let yourself be bewitched (envoûter) by the legend of Adélaïde de Burlats. To start with, rent a Kayak and discover the *Rivière Agout* which meanders through a forest. Continue in the *Gorges du Lignon* and if you feel like it (si vous en avez l’envie), paddle on the *Lac du Merle*. After this sports activity, go to the *Pavillon d’Adélaïde* and narrate the legend of

the lady of the same name. Idolize her violet eyes. She was the daughter of the Comte de Toulouse. Her beauty apparently was legendary, and the troubadours of the day told other noblemen about this. You can hear the story on the path leading from the Pavillon to the Waterfalls.

If you like rocks, discover the caves of the St. Dominique. Also, stop in Sept Faux and its shaking rocks.

A Venetian style carnival takes place in Castres every March. Carillon (Bells) You can watch and listen to the Carillonneur at the Notre Dame de la Platé. He plays with his fists. Plenty of possibilities to walk and explore the nature.

You can also discover Tarn on horseback. The region offers horse riders up to 500 km of paths. From the Black Mountains to the Gaillac vineyards, the Tarn valley, the granite “Sidobre” and the Lacaune mountains. On horseback, you can admire the beauty and variety of the landscape. There are many liveries in the department for you to “park” your horse or from which you can rent one. If you are not a horse rider, bikes are also an alternative.

Food & Wine, like the geography, is of great abundance. My advice is go and discover and do not hold back. The atmosphere of the restaurants, artisan producers and vigneronns are in tune with the beauty of the department. So, to satisfy your hunger, eat and drink your way through the following:

1. Cassoulet
2. Garlic /Garlic Soup
3. Jambon de Lacaune
4. Courges and Pumpkins
5. Wines of Gaillac
6. Onions from Lescure
7. Veal from Lauragais
8. White asparagus (Le Responchons)
9. Cheeses: goat's and sheep's
10. Truffles du Tarn
11. Pot au Feu Albigeois.

A pleasant sojourn can be spent here. But as our tour continues to beckon, we must say, au revoir et à bientôt.



# Pot au Feu Albigeois

## Ingredients (8 People)

200 g white beans, soaked beforehand	500 g veal shank
8 potatoes	1 small slice of pork belly
300 g carrots	1 goose leg confit
200 g leeks	1 cooked sausage
200 g turnips	1 onion
½ celery stalk	1 clove
5 cloves of garlic	1 bouquet garni
500 g beef chuck	thyme, salt, pepper

## Method

Put the beef, veal and sausage in a large earthenware pot. Cover with cold water and bring to the boil slowly. Skim carefully. Cook for 2 hours.

In the meantime, half cook the white beans in lightly salted water, flavoured with thyme. Scrape the carrots and turnips, cut them into pieces. Peel the onion, prick it with a clove. Trim, wash and gather the leeks into a small, loosely tied bundle. Crush the garlic cloves.

Cut excess fat from the meat and put everything in the pot. Add pepper, the bouquet garni, the celery stalks. Cook for half an hour on a very low heat.

Add the potatoes, the white beans, the quarters of goose confit, a pinch of salt. Cook again for another 1/2 hour. Serve, in a large deep dish, the sliced meats, the vegetables around. Taste with pickles, small onions in vinegar, mustard and coarse salt. The hot broth can be served with slices of country bread, toasted and rubbed with garlic.



## Our special offers for this week.

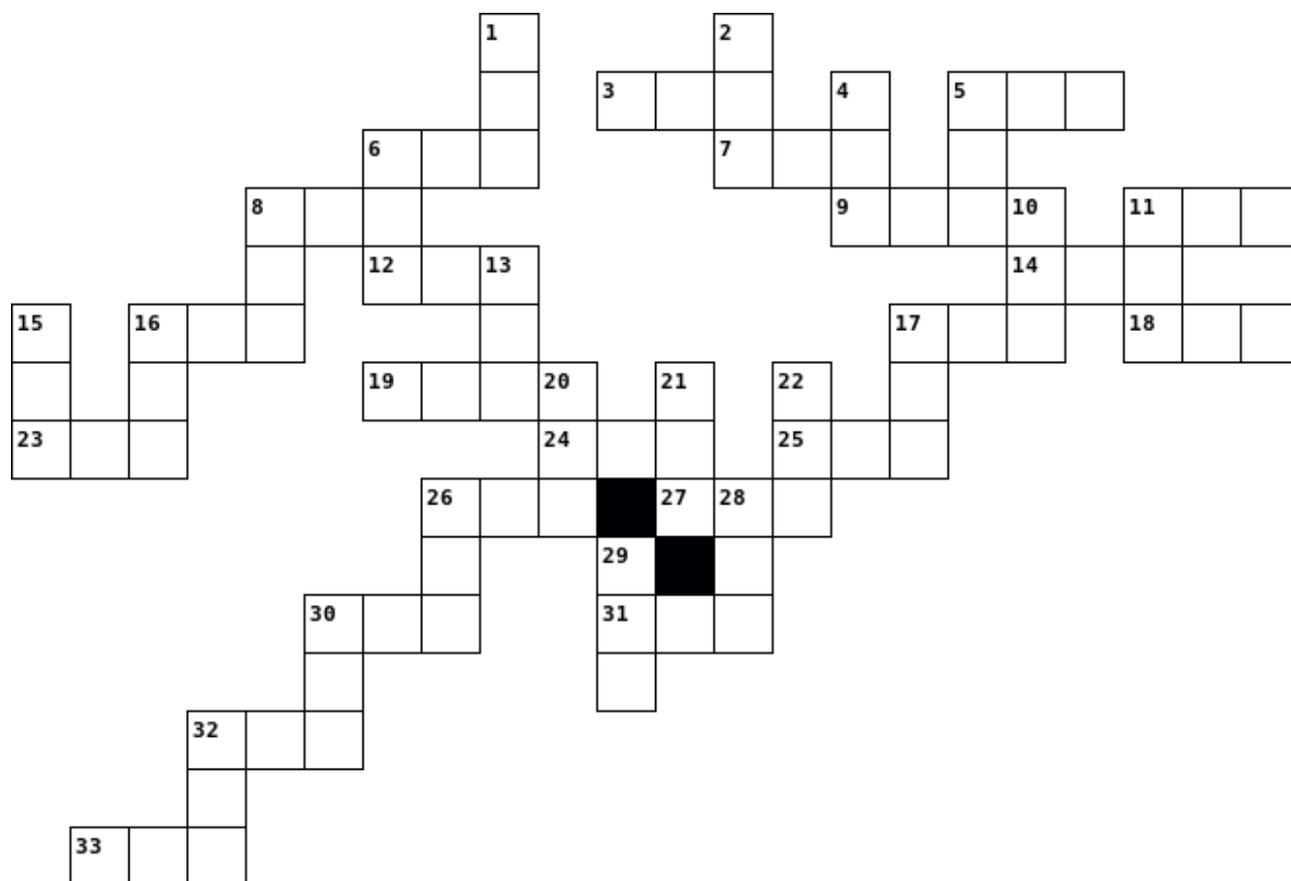
Extra Virgin Olive Oil 750 ml € 5.65	Multi Surface Cleaner 1 litre, €2.00	Food Storage Containers 5 per pack €8.99
Crisps, lightly salted 150 gr €0.99	Risotto Rice 500 gr, €2.09	Brandy & Clementine Mincemeat 500 gr. €3.99
Carrots 2 kg bag, €1.99	Drain Unblocker Gel 500 ml €3.75	Australian Rosé 75 cl €1.75
Raw King Prawns 150 gr €5.99	Greek style yoghurt 4 x 110 gr. €1.99	Pumpkin Garland Halloween Deko €1.00
English Breakfast Tea 100 Teabags €5.00	Original Flavour Beef Biltong 30 gr €1.99	Glow in the dark balloons 6 per pack €1.49

Offers while stocks last. Valid from November 09, 2020 to November 14, 2020.

## Strange English. Can you make sense of the following sentence?

*A bicycle cannot stand on its own because it is two-tired!*

# *Brida Gymnastics - Vocabulary*



**Across**

3. addressing a person directly
5. not young
6. past tense of have
7. also
8. to look
9. a source of water from a hole in the ground
11. between one and three objects
12. uncooked
14. two of them in your face
16. domestic animal
17. used to store things when going somewhere
18. communicative way to get information
19. when you feel that something is not there
23. goes on a stove for cooking
24. past tense of eat
25. the result of a creative process, often sold
26. moving in the air
27. path / direction
30. not cold
31. mathematical process
32. what you do with food
33. not close

**Down**

1. past tense of do
2. what you do with scissors
4. ....are you ?
5. made from olives
6. female possession
8. what you do on a chair
10. needed for walking
11. English national drink
13. past tense of am
15. advice
16. to place in something or on somewhere
17. used to indicate an exception
20. when you speak you ... something
21. not many
22. 24 hours
26. to be physically and mentally in a good state
28. used when listing things
29. when you are able to do something
30. simple dwelling
32. body part needed for listening

## Solution 45.20

### Across

- 3. hello
- 5. Modern
- 7. Trip
- 12. awareness
- 15. uncertain
- 17. team
- 18. sign
- 19. boots
- 20. senses.

### Down

- 1. chandelier
- 2. restore
- 4. unforgettable
- 6. GPS
- 8. merchandise
- 9. accessories
- 10. peak
- 11. translate
- 13. soup
- 14. tent
- 16. climb

## *Play Brida, Learn English*

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#### **Third Party Inspirational Sources**

classifieds: gumtree.ie or gumtree.co.uk,  
the supermarket: various supermarket websites in the United Kingdom